

# PHILLIP ISLAND VIBE

Free

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JULY 2022



Winter has surely arrived however on a brighter note, so have the whales. Contact Wildlife Coast Cruises to book you whale watching cruise where you have the chance of seeing one of these majestic animals close up. Thanks to reader Ann Rizio for submitting our front page picture of Fishers Wetland (near Churchill Island).

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# Book Reviews

**By Turn The Page Bookstore,  
40A Thompson Avenue,  
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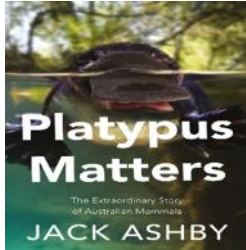
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**Platypus Matters**

By Jack Ashby

Price: RRP \$34.99

(10% discount to registered customers)

A compelling, funny, first-hand account of Australia's wonderfully unique mammals and how our perceptions impact their future. Think of a platypus: they lay eggs (that hatch into so-called platypups), they produce milk without nipples and venom without fangs and they can detect electricity. Or a wombat: their teeth never stop growing, they poo cubes and they defend themselves with reinforced rears. Platypuses, possums, wombats, echidnas, devils, kangaroos, quolls, dibblers, dunnarts, kowaris: Australia has some truly astonishing mammals with incredible, unfamiliar features. But how does the world regard these creatures? And what does that mean for their conservation?

In *Platypus Matters*, naturalist Jack Ashby shares his love for these often-misunderstood animals. Informed by his own experiences meeting living marsupials and egg-laying mammals on fieldwork in Tasmania and mainland Australia, as well as his work with thousands of zoological specimens collected for museums over the last 200-plus years, Ashby's tale not only explains the extraordinary lives of these animals, but the historical mysteries surrounding them and the myths that persist (especially about the platypus). He also reveals the toll these myths can take.

Ashby makes it clear that calling these animals 'weird' or 'primitive' – or incorrectly implying that Australia is an 'evolutionary backwater' – a perception that can be traced back to the country's colonial history – has undermined conservation: Australia now has the worst mammal extinction rate of anywhere on earth. Important, timely and written with humour and wisdom by a scientist and self-described platypus nerd, this celebration of Australian wildlife will open eyes and change minds about how we contemplate and interact with the natural world – everywhere.



**Counterfeit**

By Kirstin Chen

Price: RRP \$32.99

(10% discount to registered customers)

HUSTLERS meets BIG LITTLE LIES in the heist of the summer...

*'Propulsive and captivating' Vogue*

Meet Ava: rule-abiding lawyer who has ticked all of life's boxes. She's married to a successful surgeon and has just taken an indefinite career break to raise her adorable toddler. A picture-perfect life. Meet Winnie: Ava's old college roommate. Once awkward, quiet and apparently academically challenged, she left Stanford in a shroud of scandal. But now, she is charismatic, wealthy and has returned to town dripping in designer accessories. An actual perfect life.

When the two women bump into one another at a local coffee shop, it seems like fate has intervened: Winnie's new-found success is courtesy of a shady business and she needs a favour; Ava is realising she is not built for the stay-at-home life. But what starts as one favour turns into two, then three, and soon Ava is in far deeper than she ever imagined.

Now Ava has to make the ultimate decision: cut and run, or risk it all?

*'Entertaining, luxurious, innovative and subversive' NEW YORK TIMES*

*'Riveting and energetic' BALLI KAUR JASWAL*

*'Clever, sharp, and slyly funny' KIRKUS REVIEWS*

*'Will keep you breathless to the last page' CLAIRE MESSUD*

*'Sly, subversive ... incisive' BOOKLIST*

**NetGalley readers LOVE Counterfeit**

*'One of the best books I've read all year' \* \* \* \* \**

*'Amusing, addictive story that kept me reading all night' \* \* \* \* \**

*'Mysterious, suspenseful and twisty ... had me on the edge of my seat' \* \* \* \* \**

*'Gripping ... ingenious' \* \* \* \* \**

*'Fresh, observant and somehow ... an incredible story without a wasted word' \* \* \* \* \**

*'I absolutely loved this book ... highly recommend' \* \* \* \* \**

*'Devoured this in a night or two ... funny, sad and eye-opening' \* \* \**

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

I think everyone would agree that June, for the most part, was just a write off this year and a start to winter that we haven't seen for many years. It's been an old fashion start to winter as many have said and one we just haven't been used to. With the craziness of the last couple of years with covid, the start to winter has actually been very good and the weather didn't turn until mid to late July. Maybe it's that El Nino or La Nina guy again, who knows, but we can't change it anyway so now it's just looking forward to the season that is fast approaching. Hopefully it will see an early start to the season and a settled spring. Needless to say the reports have been very thin during June with many days un-fishable but for those who took advantage of those very small windows of opportunity they were surprised with what they found.

We are being told that the bad weather hasn't hampered the works too much at Rhyll and they are still expecting to be completed on time. There is also finally, after way too many years, talk of improvements to the ramp at Newhaven. There will be a design and consultation period and the public will get to have their say so don't forget to do it and get as many of your mates as you can to

## **DESTINATION PHILLIP ISLAND** Can you help?

**We are hoping for a record crowd at  
the Australian Motorcycle Grand Prix  
to be held 14-16 October, 2022**

To provide the very best experience, we want to host more officials and fans close by on Phillip Island, San Remo and surrounds supporting the event in the region.

Are you interested in renting your house or apartment out for the MotoGP event and possibly the Superbike World Championship on 18-20 November 2022?

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do the same. Sitting back and saying they won't listen and then you don't have your say definitely won't change something in the design they might not have thought of. As yet we haven't had any indication of the timing of when designs will be available and not sure if there will be a design or consultation done first but as soon as we hear anything we will put it in our reports or on our socials. It is great to hear something is to be done but it needs to be done once and properly. The band aide waste of money that was just done and the reasons behind why it was done have achieved nothing and another band aide is not what we need. I would also suggest the closing of the Rhyll ramp over 2 of the busiest weekends of the year wasn't the smartest either and a month on the other end would have been a much better idea, so think carefully when you head to a consultation night to give your thoughts.

We did see a couple of breaks in the weather during the month and it was those flexible enough with their work or retired that were able to get out in the boat. A few fished from the land trying to get a head start on their bait collection but with the very cold nights a quick fish after work only happened for those who were able to finish work early. Calamari was the main target for both those in boats or off the land. As is usually the case, this time of the year the baited jigs produced the most calamari. The weed you get after the very wild weather always makes it more difficult to use an artificial jig but I still wouldn't leave home without them just in case the conditions improve. We had reports of a couple from almost every spot you would try for calamari both on the land and in the boat and again that's nothing unusual for this time of the year. You have a good chance to get the bait collection started for the snapper season but you aren't going to fill the esky, that's still a few weeks away.

Others headed to the beaches to collect a few gummy baits in the form of a salmon or two and once you found a clean section of beach you found a fish or two. Woolamai is usually the cleanest of the surf beaches but we were told there was even weed over there at times. Others told us that to fish the Kilcunda beaches you needed patience because at certain parts of the tide there was more weed than sand but it came in waves and once it cleared you could fish for a short time without any problem. If you are heading to the surf for a fish, try just taking a lighter rod with a box of lures and just walk the beach looking for the cleaner spots. Keeps you warm if nothing else.

We had a handful of whiting reports but most were close to the boat ramps with people not wanting to travel too far because of the changing weather. The whiting were well worth the effort of a quick fish and again no one filled the esky but those looking found a decent feed. No doubt they will be there, as will the gummies and a few snapper. We just need a bit more settled weather.

Don't put the tuna lures away just yet just in case we start to see a bit of calmer weather and you can head offshore. We know of 2 barrels caught already and several sighted or hooked so maybe we might be in for a special season on the bigger tuna as well.



## Surf news by Ed Amorim @prosurfcoaching\_

What a great project to happen around the world to keeping surf paradises in perfect and safe condition. Well done to the Australian community and government to work together to benefit the future generations. A great example for the international surf



community. Here at Phillip Island you can do a tick box surf tour surfing the National Surfing Reserves. Thank you to the volunteers and the team behind all this - well done.

**Surf Camp in Bali** For the next few weeks I will be based overseas to complete the set up for our Surf Camp at Cangu, Bali and along with our partners in Mentawai, we will be better able to assist you at Pro Surf Coaching Indonesia. We will be able to communicate through our Whatsapp contact +m61490406005 or through our Australian manager and coach Giovanni on 0426 691 303.

Enquire now about our Indo Surf packages for Bali and Mentawai (Includes accommodation, transport, surf programs and tours). The surf here is pumping and everyone is enjoying the good weather, friendly locals and amazing views and you can do it too.

### Welcome @prosurfcoaching\_ Kandui Surf Camp 2022

Hellooo Mentawai... here we go again. You can make the surf trip of a life time with @prosurfcoaching\_ and the Amorimbrothers. @gutoamorim & @edamorim.brothers at the best resort at Mentawai @kanduiresort. You will be in 5 star accommodation with multiple boats to take you out to surf when you like. Healthy and super tasty meals, videos and photos from every single session so you can take your memories home and the best training and guidance possible to bring out the best of you and your surfing in perfect waves.

### Surf Camp Pro Surf Coaching at Kandui Resort Mentawais times and pricing options:

August 9 to 20 (11 days)	US\$4250
Nov 01 to 12 (11 days)	US\$3950
Nov 12 to 22 (10 days)	US\$3650

We only have 10 spots available and it is already selling quickly. For more information contact Pro Surf Coaching Indonesia's Guto Amorim +62 813-3962-9306 or Ed Amorim +61490406005.

**Life is like SURFING a WAVE** It's true in many ways - just think about it. Sometimes we have fun, good walls in front of us but also the hard closeout. The blue clean days to enjoy but always the grey soggy ones to suck up. The easy part of the journey and the spooky part that starts building up in front of you and you need deal with. Practice and experience help when first dropping into the wave so you can come up to the top. You have barrels but you also need be prepared for a heavy close out. You have that wave when

everything looks like connecting and the ones where you make multiple mistakes and nothing works. The magic wave you choose can quickly turn into crap and the ones you don't think will work end up being the best wave of the day. Life needs to have the bad days so we can appreciate the good ones and ups and downs can be easy or hard. So please, take it easy my friends. The good thing is that we always have another magic wave to be surfed, another day and every day you will need to be there, positive and well positioned so you can paddle hard for it again. So, please don't miss out. Be present in the moment and be happy with whatever you are and whatever you have in front of you. Remember you may not be the best but you are far from being the worst. It's great just to be in between and less pressure too and you will probably never know when your time will arrive. And be patient with time frames. It can be a surprise from the universe that makes your life easy, like a good day of surf.

**Bringing the world together** Australia, Brazil and Indonesia are all now connected with @prosurfcoaching\_ with our surf academy available to best assist you at Phillip Island, Balneário Camboriú, Bali and Mentawai. Physical tent, surf mobile, accommodation, transport, the best coaching teams with our unique methodology and brand new equipment waiting for you. The idea is to generate a great network between our students, be able to travel lite using top equipment everywhere you go and work to continue your progress and keep continuing the same program that you started in one of our branches. So welcome to the new era, bringing the world closer and making it less complicated.

**Surf Skate Clinic** Our @prosurfcoaching\_ Surf Skate Clinic has had a great start. Some challenging weather but awesome surf session then a quick lunch and straight to another skate for surfers training to finish up. Thank you to everyone for great company and all the effort. Also to our Coach, star Sally and our amazing photographers Tomi and Dave. The next one is coming up soon and we will let you know. Video analysis is a great way to work on important fundamentals and polishing techniques. Images don't lie. Book a video analysis with @prosurfcoaching\_. Also if you have some of your own personal recent surf images we can still work on them.

**prosurfcoaching.com** We have launched our new website: [prosurfcoaching.com](http://prosurfcoaching.com). Please enjoy it and try to pay on the site for your next lessons to test it. We did a booking earlier as a test and it seemed to go well. We are super stoked that we are published and all the effort and commitment is now ready to show to the world. It is in its early days and trial period so we will need to check everything: wave check button, social media access, booking button, blog page and all windows available. Please have a good web tour and let us to know what you think.

It's very important for us. Thanks to everyone involved on this project: Sarah Hain, Rachelle Gurr, Andrea Sellers and the top webdesign Anthony Hubbard from Bass Coast Design. All the good work is worth it.



## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

### The Story of Euphemia Henderson

Written by Pamela Rothfield  
Phillip Island & District Historical Society

Many households in Australia today enjoy their morning tea or coffee drinking from a vessel decorated with beautiful botanical images including native wildflowers painted by acclaimed artist Euphemia Henderson, having no idea of the artist's relationship to Phillip Island.



Euphemia was a remarkable woman. In the times when women were refused entry into academic societies and the scientific world and instead expected to seek a husband and perform household and motherly duties, she painstakingly studied the structure and morphology of plants, becoming a distinguished botanist and artist. She is acclaimed for her sketchings and paintings of meticulously accurate images of wildflowers and other beautiful botanical images.

This is her story.

On the birth of their third child, a daughter, Captain James Henderson of the Royal Navy and his wife Catherine Black, seemed to have a premonition that she was destined for great things by appending five Christian names to her surname – a penchant normally reserved for aristocrats and nobility in the 18th and 19th centuries.

Euphemia Ethel Elizabeth Spencer Middleton Henderson was born on 5 November 1820 in Chile, South America where her father, Captain Henderson was posted with the British Navy. The British had made a number of attempts to establish a foothold in South America and with Chile facing the Pacific Ocean, it was important that the British had a presence there. Within a couple of years of her birth, the family returned to the United Kingdom with their now four children, providing Euphemia with the opportunity of a blissful early childhood in the family's large estate in Guernsey in the Channel Islands. Four more children were born in the U.K. including twins, David and John Black Henderson born in London, and lastly Georgianna, the youngest of the eight children who was born

in Guernsey in 1830.

Euphemia was in her early teens living with the rest of her family in her family home in Guernsey when her father died in 1832. Six years later, her mother remarried in 1838 to a clergyman, Rev. John Marshall.

It is unknown what the catalyst for the gradual emigration of Euphemia and a number of her siblings was, however she arrived in Melbourne on board the ship Salem in March 1854 which

was two years after the arrival of her younger sister Georgianna in 1852.

Their brother John Black Henderson had arrived in the colony three years earlier in 1851. He had trained as an artist and architect in Edinburgh and London and joined the Victorian Government Survey Office in Melbourne not long after his arrival in the colony. All three would have had excellent letters of introduction and recommendation and Euphemia and Georgianna would have had no problem obtaining work as governesses in respectable households in Melbourne upon their arrival.

In between her intermittent work as a governess, Euphemia threw herself into her study of specimens, making regular trips to the Royal Botanical Gardens in Melbourne and painting botanical watercolours.

There is speculation that Euphemia met the famous botanist and scientist Dr Ferdinand von Mueller during one of her many trips to her beloved Botanical Gardens in Melbourne,



of which he was a director. However, it was most likely that it was through her sister, Georgianna and husband John D. McHaffie, who had held the pastoral license for the whole of Phillip Island since 1842, that Euphemia and von Mueller became acquainted in 1862. Von Mueller, a prominent and well-respected scientist, was a friend of the

McHaffie's and being the Vice President of the Acclimatisation Society, which had a significant presence on Phillip Island, made many visits to the Island over a number of years.

Georgianna married McHaffie in 1861, after which they made their principal place of residence on Phillip Island, where Euphemia spent a great deal of her time.

Von Mueller was apparently besotted with Euphemia and through their shared interest in botany they seemed made for each other. They were engaged in 1863. Together they spent much time on Phillip Island reading the poetry of Lord Byron and examining various species of flora and collecting various specimens of plants including seaweed. Von Mueller and Euphemia corresponded frequently. She saved the letters he wrote to her, many of which began with his salutation, 'Beloved bride'. Mueller referred to her proudly as 'greatly talented' and 'enlightened'. Today forty-four of his letters to her still survive.



Phillip Island and District



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Von Mueller named a specimen of a shrub or small tree with small flowers, *Nematolepis euphemiae* F.Muell. (1863) after Euphemia.

But von Mueller broke the engagement off the following year in 1864, on what some believed were dubious grounds of his ill-health. The author who wrote his biography *A Man on Edge: a life of Baron Sir Ferdinand von Mueller*, Edward Kynaston, believes that von Mueller, a pious Lutheran, tumbled into a romance which he had never intended. Von Mueller was fortunate that he escaped a breach of promise suit and consequent punishment. It has been suggested that discovering that Euphemia was beyond the childbearing age, may have been the motivation behind his ungentlemanly conduct. It has been reported that von Mueller became engaged a few years later, but never actually married.

I wonder what Euphemia would have thought of the fact that a species of an Australian lizard *Lerista muelleri*, was named after her ex-fiancée in his honour.

It appears that Euphemia took the dissolution of her engagement in 1863 in her stride and polite communication continued between the couple. Despite the engagement break up three months earlier, on Euphemia's birthday in November von Mueller gave her a unique davenport made entirely of Australian timber which had a secret drawer, opened only by the turning of a certain knob. Euphemia kept her letters from von Mueller in this drawer and did not reveal their existence until a few days before her death.



She continued her painting and in 1866, her brother John who was making a name for himself with his own artistic endeavour, exhibited Euphemia's oil painting 'The Pinnacle Rock, Western Port' at the Melbourne Intercolonial Exhibition. John was

founding member of the Victorian Academy of Arts in 1870 and exhibited six landscapes in its inaugural exhibition.

In 1868 when Phillip Island was opened to closer settlement and sub-divided, the size of McHaffie's run diminished from 20,4380 acres to 640 acres under pre-emptive rights, which was not sufficient to run his cattle and his holding of some 10,000 sheep. In 1869 McHaffie bought a property in Yanakie on the Wilsons Promontory isthmus but he and his wife, Georgianna, Euphemia's sister, continued to live at their home on Phillip Island until 1883. They also kept a property in St. Kilda, where Georgianna died in 1885 at the age of 55.

Euphemia continued to hone her skills and produced scientifically precise and beautiful images of wildflowers and other botanical flora. She became a prolific artist and many of her works have been recently rediscovered and reproduced on china plates and homewares.

Euphemia retained a close relationship to her family, and in her later life, lived in Kew with her nephew and his wife, the son of her older sister Catherine. She also remained close to her two nieces, the daughters of Georgianna, bequeathing all her jewellery to them.

Euphemia never married and had a full and productive life. She died at the residence of her nephew William Henderson Scott in Packington Street Kew, of gastroenteritis in 1907 aged 86.



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## Healthy and Healing with Pip

Dear Vibe Readers,

It's time to say goodbye.

It's been 10 years ... well at the end of July it will be 10 years that I've lived on Phillip Island.

My sister and I moved from Melbourne, because we were fed up ... and thinking "there's too many people in this city and we need a dose of Vitamin sea".

I started my adventures working at Island Healing as a therapist and "director of first impressions" (aka. receptionist) It was a

wonderful 4 years! I was given lots of opportunity to practice my therapy skills, teach my reiki courses and meet some spiritual friends and clients.

When I set up my own studio 6 years ago, I had no idea how much I'd enjoy running my own business! I love the freedom, flexibility, the "set up my room and leave it" and earning all the money (no more commission!) - oh hell yeah!

Sure there are downsides to it - like finding my own clients, working alone, and staying safe from (let's call them) "unusual" enquiries.

My most favourite thing is the creation of the Spiritual Book Club ... we read an inspiring, high vibration, growth or transformational book then we meet to discuss it each month.

The result of that was another cool thing that happened and that is a lot of my clients and students have become friends.

Finally, living here on the island, over the last 2 years of the pandemic, was a huge blessing. Not only did my tribe step up to support me, and each other, emotionally but I was also pushed to create new online coaching offerings that have expanded my business, enabling me to help even more people.

Thank you Phillip Island for your beaches, animals, bushland, bike tracks, sunshine, gumboot-weather, the community of healers and energy of possibilities.

This place helped me realign with my true self. I'm SO grateful.

I'm leaving the island to head north to warmer climates on the 31st July.

If you'd like to book a session or connect before I go, I'd love to hear from you.

Or you can join my mailing list to stay in touch by heading to my website to subscribe.

Blessings Pip

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## Phillip Island Camera Club “Making Photography Fun - Capturing the details – close-up and macro photography

Want to capture the world around you in a way that allows you to appreciate the beauty and design of things that may otherwise go unnoticed? Through magnification, you can reveal exquisite hidden detail and show your subject’s shape, form and colour.

The difference between close-up and macro photography is sometimes confused. Learn Photography (learn.zoner.com) defines macro photography as being when a photo’s subject reaches the camera’s chip at a real scale of 1:1 through to 30:1. So when you’re photographing an object that is 1cm, it will be around 1cm on the camera chip, i.e. the size of the image projected onto your sensor is equal to the size of the item you’re photographing in real life. Close-up on the other hand is when you take photos from a close distance from the subject. You can use virtually any lens to achieve close-up photos.

Macro photography is really useful when you are photographing insects and small objects and wish to include fine detail. However, there’s another category called detail photography. When you photograph a dragonfly on a blade of grass, that’s detail photography rather than macro, because the dragonfly is too large to fit on the sensor chip at 1:1 scale. Generally speaking, you can’t shoot macro with an ordinary lens with no special adjustments. You’ll need a macro lens to bring the subject closer. For example, you can bring the dragonfly’s head to 1:1 scale.

If you don’t have a macro lens, you can use a set of extension tubes. These are used to create a set distance between the camera body and the lens and help you to get more magnification out of your lens. You can also shoot with your lens turned backwards but you’ll need a reverse macro ring which is used to turn your lens assembly so that its outer lens faces the camera body providing magnification of the subject of your photo. Whatever equipment you choose, close-up, and in particular detail and macro photography will completely change your perspective and give you a renewed appreciation for nature and all things small.

Images are copyright of the photographers and may not be copied or used without permission.

References: *Learn Photography* by Zoner Photo Studios, author Josef Gabrhel, 23 October 2018. *Digital Macro and Close-up photography* (New edition) by Ross Hoddinott (Ammonite Press) 2021.

If you found this article of interest and would like to find out more go to <http://>

[www.phillipislandcameraclub.com.au/](http://www.phillipislandcameraclub.com.au/)  
For more information about the Phillip Island Camera Club phone Jenny on 0408355130.



*This macro image of a blowfly by Will Hurst allows us to see details we would ordinarily miss. This image was taken on an Olympus E-M5 Mark 111 with a macro ring flash and 60mm macro lens.*



*This close-up of a butterfly on a flower by Gary Parnell allows us to see the structure, colour and texture of the insect.*

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# Winter Motoring Guide

Winter is upon us which means chilly days, freezing cold nights, lots of rain, and the occasional bit of frost and hail. But what does this mean for your car during winter motoring?



## BATTERY

Most breakdowns in winter are caused by battery and electrical issues as this is the time when your electrical components are working the hardest. Check the terminals on your battery to make sure they are clean and not corroded. A good way to avoid a build up of corrosion is to use petroleum jelly. If there is already some build up you can generally wipe it away with a cloth. If you're having any issues with your battery you can have it tested or purchase a new one.



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## LIGHTS

Heavy rain makes winter motoring difficult to see other drivers on the road, so you don't want to be caught without head lights or brake lights. Make sure you check all the globes are working properly. In may even pay to have some spare globes in your glove box just in case. Also check for any cracks in the light covers as water can seep in and corrode the components.

## WINDSCREEN AND WIPERS

Make sure you have good windscreen wipers! If your wipers are cracked or disintegrating, they will not effectively push the water off your windscreen resulting in very poor visibility. You will also need to make sure you have windscreen cleaner in your reservoir bottle and its filled to the proper level. Check your windscreen for any cracks, damage or leakage around the edges.

## HEATERS

There will be nothing worse than jumping in your vehicle in the morning and being unable to warm up because your heater doesn't work!! Make sure you check this is working and if not you should book into your local service centre. You will also want to make sure you check the gas in your aircon for defrosting your windows in the morning.

## PUT YOUR CAR UNDERCOVER

If possible it is better to have your car in a garage to stop any dampness rising from the lawn. Condensation can cause engine and ignition problems and also rust to your bonnet. Having your car in the garage will also keep frost off your windscreen and windows.



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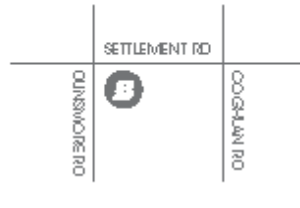
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## Winter Motoring Guide



### Winter tyre safety

Correct tyre care, maintenance and selection can greatly enhance your safety on the road this winter.

Make sure your tyres have adequate tread depth to keep you safe and legal.

Ensure your tyres are properly inflated and checked at least once a month and before any long journeys.

Check the condition of your tyres by looking for any lumps, bulges or cracks and remove any objects embedded in the tread.

When checking the tread, pressures and condition, don't forget the spare.

Consider fitting winter weather tyres for the whole winter period. At temperatures below 7 degrees they provide much better safety and grip.

Remove wheels or jack the weight off any vehicles' tyres that will not be used over the winter months such as caravans, horse-floats or motorcycles.

Visit your local tyre dealer for a tyre safety check.

### Winter driving tips

**Winter driving:** Extreme weather and poor light can make driving dangerous in the winter months. Make sure you adjust the way you drive by following these steps. Maintain a safe distance to the car in front, it takes twice as much distance to stop in the rain.

**Turn headlights on:** In fog or snowy conditions, use fog lights instead of setting your headlights on high beam. Avoid large puddles. Avoid unnecessary travel in heavy rain. Driving in snowy conditions requires a lot of concentration and patience. Stay calm if you're stuck in a long queue and always follow road signs and directions given.

**Before you take off:** Check road conditions by visiting Vic Traffic or downloading the Vic Traffic app. Make sure your car battery is in good condition and that the air conditioning system is working properly. Anti-freeze is recommended in your radiator. Pack your sunglasses if you're heading to the snow.

**As you drive:** Drive cautiously with two hands on the wheel and steady pressure on the accelerator. Brake with steady pressure. Avoid braking when cornering. Fit chains to your tyres when advised or if the road looks icy. Engage low gear when you drive down a mountain. If you hit ice, remain calm and apply the brakes gently to slowly regain traction. At night, only use low beam lights. High beams do not work in high mist areas. If you can't see, pull over, put on your hazard lights and keep your engine running.

**Parking:** Leave the car in gear with front wheels turned away from slopes. Reverse into a car park or make sure you can drive out forward. Poor vision makes reversing out of car parks dangerous.

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## DOLLARS AND SENSE BY DAVID WELLS

### The Ages and Stages of Investing – The Sixties

When we reach our sixties most of us will be looking at retirement in the near future. While the ability to retire comfortably in the mid-sixties is often the aim the reality is that more and more people are realising that it won't be as easy as just telling the boss to find someone else.

The latest figures I can find show in the twenty years up to last year the number of people aged over 65 that were still working more than doubling to 15% with the number of men nearly doubling to 19% and the number of women still working increasing nearly four-fold to 11%. Part of that is the fact that recently the minimum age for Centrelink Age Pension entitlement was raised to 67 years but also as important is that people want (and need) to work longer for financial reasons.

By the time we reach 60 years our financial future is pretty well set by our actions in earlier times. The last few years of the Superannuation Guarantee doesn't make a huge difference in the scheme of things and there's little time for other investments to make huge differences either. At age 60 we have one (or less) investment cycles to go if we want to retire before age 70. That's if we get that choice. In the same figures as above, the average intended retirement age was 66 but the actual average retirement age is 55.4. That's thousands of people forced into retirement 10 years early.

Superannuation is now the most common source of retirement income other than the age pension. Nearly two thirds of retired Australians rely on the age pension to meet income need while 30% of retired men and 11% of retired women get some form of superannuation benefit.

Investing at this time of life really highlights the need for security of capital but the need to generate significant returns in order to recover living costs and provide for inflation. Security and high returns are diametrically opposed in the investing world. As, it's a case of risk versus reward but at age 60 we don't have the investing time to recover from serious errors. I see far too many people being far too cautious. For those who haven't been learning about investing by being involved are usually those who crave security above all else without

realising that there is a balance where good returns can be had in most years rather than low returns in all years.

I have found over the years that most people who have not used an investment adviser before this age have the greatest need of assistance to maximise their income while minimising risk while also having the greatest level of misconceptions about the reality. These are the people who should take advice to help them make the best of it – at least they will get the benefit of knowledge.

Many people invest too securely and then also for income, both of which over time will work to reduce their probable amount of capital and many people also have the idea that it's always a bad thing to use capital. As an investor in their sixties a person should be looking always for reliability rather than any spectacular returns. The long-term return from the share market averaged nearly 9% and slightly less for property. Given that age 60 is a bit late to be negatively gearing a rental property, most people look to the share market.

In the sixties the most difficult thing is to temper the need for growth (we usually all need more) without taking excessive risk. This is where a qualified assistant comes in handy, so use an expert. The biggest disconnect is between reality and expectation. While it's difficult to change reality it may be possible to temper expectations. In this situation some people look for the highest returns. Remember, if it sounds too good to be true, then it's almost certainly not true. An expert can help you here. It's at this time that people look to increase their super and to do that there are a number of possibilities. There is the "downsizer" contribution whereby people over the age of 60 can contribute up to \$300,000 if they have sold their home and "downsized" although buying a smaller place is not a requirement. Where there is joint ownership, this amount applies to each eligible owner. Then there's the superannuation "bring forward" rule where \$110,000 contribution (undeducted) can be made to super each year and up to two years ahead can be brought forward, making \$330,000 in a three year period. These can both turbocharge superannuation amounts with a combined contribution of up to \$1,260,000.

The biggest decision most people make when they retire is whether to run their own pension fund or to convert their SGC fund to a pension fund and have it managed by their existing trustees. To run your own superannuation fund would take about \$250,000 in available funds, although it can be done for less if some choice is foregone.

It's possible to start your own fund for the first time at this stage but without previous experience, using an adviser should be mandatory. Any adviser would need to be a member of a professional body recognised by ASIC. The sixties is the last opportunity where there is any general capacity to make a difference for the rest of the investor's life, although some superannuation possibilities remain until age 75. Get ready for it.

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# CRYPTO ISLAND



## What is Web3?

Most readers will know what is meant by the internet, but many may not appreciate that the internet has developed in three phases, culminating in what is referred to as 'Web3'. Here is a potted history of how the internet has developed.

**Web1** refers to the first stage of the World Wide Web that developed between 1991 and 2004. The vast majority of Web1 users were simply consumers of content. During this period, we became aware of how emails could be used as a cost-effective form of fast communication. We also learned how to attach documents to emails and search for information and data.

**Web2** commenced in 2004 and is sometimes referred to as 'the social web'. This era ended in 2014. Web2 saw the development of websites that allow users to interact and collaborate with each other. Arguably the most notable companies that came to prominence include Facebook, Amazon, Google and Alibaba. These companies created virtual communities. Another well-known product that was developed during this era was Wikipedia which became an online version of the Encyclopedia Britannica. Wikipedia relies on trust in the community of members who write, edit and update the articles constantly (sometimes anonymously).

**Web3** commenced its development in 2004, and this era continues to this day. This third era in the development of the internet is characterised by decentralisation and blockchain technology. Users in a Web3 world are in control of their own data, and transactions take place without the need for third-party involvement. Blockchain technology is a distributed database that provides secure, tamper-proof, and transparent transactions.

By way of contrast, Web2 companies were built around centralised platforms (such as Facebook). Web3 is more democratic, equitable, and shouldn't be dominated by a handful of huge players. These big organisations have a strong influence over the internet, and they own a lot of the infrastructure the web is built on.

There are numerous ways in which businesses can take advantage of Web3. Before we look at three potential new applications, we need to recap some of the technical terms that are used in the Web3 world, namely 'The Metaverse' and Non-Fungible Tokens (NFT's).

**The Metaverse** is defined by Wikipedia as a 3D network of virtual worlds focused on social connection. People will enter the Metaverse by using augmented virtual reality headsets. Put simply, we are talking about a new world of virtual reality.

**A Non-Fungible Token** is a financial security consisting of digital data stored in a blockchain, a form of distributed ledger. The ownership of an NFT is recorded in the blockchain, and can be transferred by the owner, allowing NFTs to be sold and traded. Here is a list of seven of the most popular NFT's:

- **Art.** Art is the most popular form of NFT
- **Music.** Also high on the NFT spectrum
- **Video Games**
- **Trading Cards/Collectible Items**
- **Big Sports Moments**
- **Memes**
- **Domain Names**

### Three Potential Web3 Business Applications

#### Exploring different ways to promote a product or service.

Brands can replicate what they do in the physical world using advertising in the form of digital billboards. They could also create events to promote their products and services in the Metaverse.

#### Innovate in ways that have not been possible before.

Businesses will be able to use Web3 based systems to gain the attention of a new type of customer that will buy, sell and stockpile NFT's.

#### Develop products designed specifically for Web3 users.

Businesses will be able to improve their existing business models, take advantage of emerging opportunities and stay on top of the latest trends.

#### Smarter Artificial Intelligence Will Change Creativity

Artificial Intelligence (AI) is intelligence demonstrated by machines, as opposed to natural intelligence demonstrated by animals including humans. AI refers to systems or machines that mimic human intelligence to perform tasks and can iteratively improve themselves based on the information they collect.

Readers may have noticed that an increasing number of internet based systems can correct your spelling, and even complete sentences for you. This is the threshold of AI, and the systems that enable this are known as 'Foundation Models'. These new developments are a new class of machine that can grasp symbols in language, music, and programming, and use them in ways that seem creative.

Foundation models are the latest twist on deep learning, and they are loosely based on the network structure of neurons in the human brain. The resulting models are a new form of creativity and non-human intelligence. They have some surprising and useful properties, but they can also behave like an idiot (just like some humans do!).

#### An Example Of Web3 Creativity In Australia

In July (starts on the 22<sup>nd</sup>) Australia is hosting the 'The Disruptor Virtual Business EXPO' which involves a virtual conference and the ability to exhibit via Virtual Booths. Being an exhibitor puts your business face to face with over 10,000+ business-owners who are looking for the latest innovative products and services.

Web3 has a bright future. We will be hearing more about this latest phase of the development of the internet in the days and months ahead.

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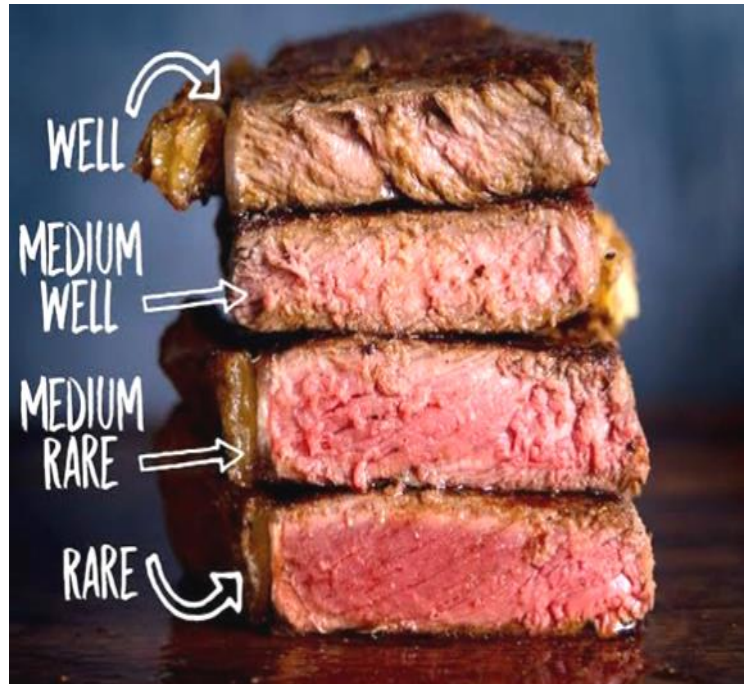


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**How to reverse sear your steak**




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In a medium cast iron skillet over medium-high, heat oil until almost smoking. Add steak and cook, flipping once, until a deep golden crust begins to form on both sides of the steak, about one minute per side.

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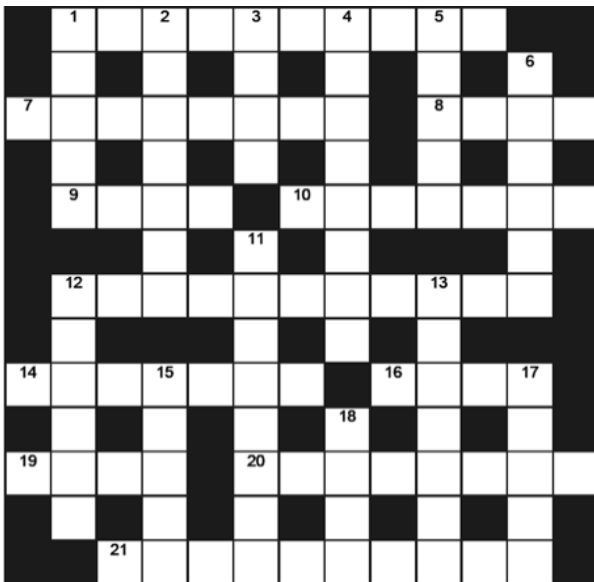
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# Brain Food

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



**Vibe Quick Crossword**

## Across

- 1 Measured (10)  
7 Postponing (8)  
8 Work (4)  
9 Knob (4)  
10 Template (7)  
12 Thoughtless (11)  
14 Demonic (7)  
16 Counts (4)  
19 Cattle (4)  
20 Acerbic (8)  
21 Faultlessly (10)

## Down

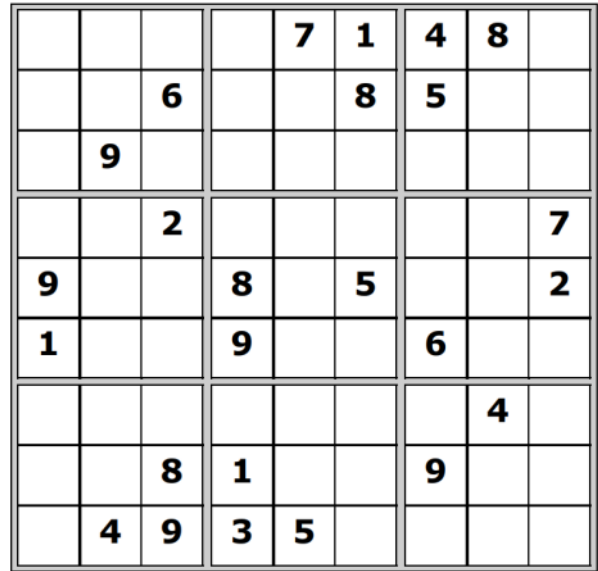
- 1 Royalty (5)  
2 Leave (7)  
3 End (4)  
4 Battling (8)  
5 Consumed (5)  
6 Plummeting (6)  
11 Power tool (8)  
12 Tidier (6)  
13 Inside (7)  
15 Terrible (5)  
17 Gleaming (5)  
18 Liberate (4)

# TRIVIA QUIZ



1. Which Australian city has the largest Greek population outside Greece? 2. What is the final event in a decathlon? 3. After seven,

what is the next prime number? 4. In 2008, whose ARIA Hall of Fame award was withdrawn? 5. Which bone is the bodies longest? 6. Which element has the symbol Fe? 7. Who was the wife of Zeus? 8. Who is Canadian singer Eileen Edwards better known as? 9. What in tea stains teacups? 10. What name is given to the left hand page of an open book? 11. What sit in rowlocks? 12. New Zealand is often called the Land of the Long white what?



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

## PHILLIP ISLAND VIBE SENIOR CITIZENS MONTHLY UPDATE

Happy July everyone. We have elected a new committee which is mostly the same as our previous committee. We have been working hard behind the scenes organising entertainment and talks and the gadget lady, all being part of our lunches from August to December. On Friday 5th August we celebrate our 50th birthday (technically it's our 51st birthday but Liza our secretary insisted we have a celebration regardless due to the big milestone). For our birthday lunch we are also putting together a time capsule for future seniors to see who we were.

But getting back to this month, the Phillip Island Senior Citizens Club is hosting a fund raiser for cancer. This year we are raising money for Think Pink, a not for profit organisation, volunteer based charity who don't get any government funding or help but who do the most amazing things for people going through breast cancer.

Our fund raiser is being held on Saturday 16th July at 2pm at the Phillip Island Senior Citizens Club. \$5 at the door and afternoon tea. Come join us for a cuppa and a snack and maybe buy some raffle tickets. ALL MONEY RAISED GOES DIRECTLY TO THINK PINK. Hope to see you there!

We'd also like to thank our ongoing sponsors who very happily supply vouchers for our members to win at the raffles on lunch day. These include Anerie RSL Penny Lane, Bean'd Cafe, Cafe Lugano, H Bomb Barbershop and The Lazy Wave.

Don't forget to call us on 5900 2921 and leave a message or on 0431 867 058 and talk to Liza if you want to come to lunch or want to know anything else about us and what we do.





We may be on the other side of the Winter Solstice, but we are now well and truly steeped in winter in Phillip Island. After a rainy June, hopefully we get some more winter sunshine from here on.

In last month's edition of Phillip Island Vibe, we shared the second of our series of tips on how to thrive through the winter months. This included moving your body, recharge your batteries and bolster your immune system. This month we're back with a couple more reminders:

1. **Hydrate:** This one seems simple, but it's quite easy to let regular fluid intake slip in the colder months. If we end up dehydrated we are more likely to experience a range of negative effects. These include headaches, body aches, constipation and tiredness.

There's a few factors that can impact how much fluid you actually require, however an average adult female should aim for about 2 litres (8 cups), whilst males should aim for 2.6 litres (10 cups). Some of this can come from the food we eat and digestive processes but our bodies have no way of storing water, so it is important that we top up each day. A lot of us like to have a coffee in the morning to get us going, but to get the most out of your coffee, try having a couple of glasses of water before. If you find it a challenge to drink

water throughout the day, try keeping a water bottle nearby. If plain water is a bit bland for you then try jazzing it up with a squeeze of lemon or lime or some mint leaves.

2. **Nature:** We're blessed to have an abundance of beautiful landscapes right here on Phillip Island. Last month we discussed the benefits of moving your body, so why not mix some movement with nature.

Brave the cold and head out for a swim or surf at one of the Island's amazing beaches. Or take a stroll to explore the epic views along the Cape Walk or George Bass Coastal Trail. Alternatively head to your favourite spot and just be at one with nature; take a few moments to sit and take in the sights, sounds and smells around you. Sometimes the weather can be a little too challenging to spend much time outdoors, but we're sure if you make the effort, your body and mind will appreciate it.

3. **Community:** When it comes to our health outcomes, our social connections can be as significant as our weight, whether we smoke and our blood pressure.

We tend to hibernate in winter, which is what many mammals were programmed to do, but when we shut ourselves off from our community it can sometimes lead to feelings of isolation, loneliness and possibly depression. Keep making time to catch up with friends and family, getting outside when the weather is fine, or enjoying a night out to your favourite local restaurants. Take away and Netflix can be cosy, but making the effort to get out of your PJ's and meeting friends or dining with your partner/family helps boost energy and feelings of support and love. It's all about finding a balance that works for you.

New to Phillip Island or not sure where to start connecting with other like minded folk? Flick through to the Community Noticeboard pages in this month's edition for some inspiration. *About the Authors: Liam Murphy works as a Pharmacist in San Remo and is also a qualified Lifestyle Medicine Practitioner, Breathwork Instructor and High School Teacher. Abbie Sherwood has over 10 years experience working as a Yoga Teacher, including several years teaching on Phillip Island. With a history of working in Dance, Pilates and Personal Training and studies in Buddhism and Meditation, her offerings are able to fuse elements of all these practices. Together they started La Onda Phillip Island as a platform to work with local teachers, connect the community and get creative to share their skill sets. Keep an eye out for Yoga and Breathwork classes and workshops in the studio throughout the winter.*



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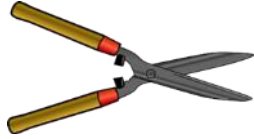
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## A classic crime story from our esteemed crime writer, Leon Herbert



### THE CASE OF THE CUT BRAKE

It was a balmy, late summer evening. Inspector Jack Flint of the Cowes Constabulary examined the mangled body in the driver's seat, exchanging a few words with his forensics crew. When he finally trudged up the side of the ravine to the break in the railing, he was only slightly surprised to find Leroy Cunningworth, the ace amateur sleuth on the island, pulling his antique Bentley into the roadside turnout.

"Well, that clinches it," Flint muttered. "If Leroy shows up on the scene, it's got to be murder. Good evening, Leroy."

"Evening, my good Inspector Flint." Leroy scanned the broken railing and the winding, downhill road leading to it. "No tyre marks. May we assume that the driver's brakes malfunctioned?"

"Brake lines were neatly cut. The victim is one Milton Graves. His driver's license says he lives up the hill. Want to join me while I break the news to his next of kin?"

The men hopped into a police cruiser and hopped out again in front of a comfortable mountain retreat. The thirty-ish, attractive woman answering the door identified herself as Dominique Black, the niece and personal lawyer of the deceased.

Dominique seemed stunned by the tragic news and asked the sergeant and his companion to step inside. The first thing Leroy noticed was a balloon bouquet nestled high in the oaken rafters.

"A birthday party?" he inquired.

"For Uncle Milton," she answered. "My cousins and I came over for a little celebration. Afterwards, Uncle Milton drove off to pick up another cousin at the airport. We were expecting them back any moment. And now you say he's dead?"

"Yes, ma'am. Probably just minutes after leaving the house." Flint didn't mention the brake lines.

The other inhabitants wandered into the entry hall and were informed of the news. The cousins, Tyrone and Chuck Graves, seemed just as stunned as Dominique, while the housekeeper, Mrs. Watts, reacted with a chilly frown.

"Do you know anyone who might have wanted your uncle dead?"

"I can think of three," Mrs. Watts answered. "During dessert, Mr. Graves made an announcement. He had just changed his will. Instead of leaving his money to charity, he had divided his estate evenly among his nieces and nephews."

"That's right," Tyrone admitted. "It came as a complete shock."

"What a tragic coincidence!" Chuck could barely repress a grin.

"Exactly," agreed Leroy. "What did you all do after dinner?"

Chuck, a Melbourne stock broker, answered first. "I was overwhelmed by the news. I telephoned my wife as soon as we left the table. I was still on the phone when Uncle Milton drove off."

Tyrone, a paediatric surgeon, had a similar, equally provable alibi.

"I was on my cell phone, talking to the hospital. I imagine the phone company can verify the time."

"And I was with Uncle Milton," Dominique said, "taping a video birthday greeting for the company offices. Mrs. Watts was working the camera."

Mrs. Watts nodded. "Why do you need to know this, officer?"

"For our report," Flint replied, then took his mate Leroy aside. He looked disappointed. "If their stories check out, Leroy, we're stumped. None of them had a chance to get to the garage and tamper with the brakes."

"But someone did tamper with the brakes," Leroy said. "And I think I know who."

#### WHO CUT THE BRAKE LINES? HOW DID LEROY KNOW

Turn to page 22 to find out!



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## ISLAND PRIMARY PRODUCE

### PADDOCK TO PLATE

#### TRADING HOURS



Monday - Friday

8am - 5pm

Saturday

8am - 3pm

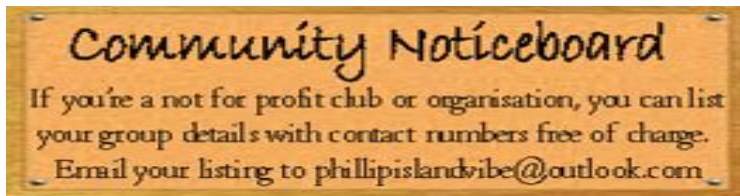
Sunday

8am - 2pm

Phone orders taken

Jake and Tania McStay

511 Ventnor Rd, Ventnor Ph 5956 8107



**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** - Steptoes 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 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 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. 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 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 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

**Phillip Island Masonic Lodge** - meets every 2nd Wednesday of the Month at 7.30pm (opposite Coles supermarket) 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

**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 most welcome to join us. Contact Tony Ashton 0499 996237.

**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. Ken 59568803 or David 0412485913, Blue Gum Reserve Dunsmore Rd, Cowes.

**National Vietnam Veterans Museum** needs volunteers interested in gardening on our site and cleaners keen to keep our displays sparkling. 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, Newhaven Yacht Squadron Clubrooms, 1:30 - 4pm. Contact Jenny on 0408355130 or email phillipislandcameraclub@gmail.com. For more information go to www.phillipislandcameraclub.com.au

**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

**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.

**Cowes Branch Country Women's Association (CWA)** 1st Thursday of the month February-November. currently meeting at Rotary Shed-Dunsmore Rd 1pm More info: Felicity 0414 507 420 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** invite you to join us for "Sharing, Fun and Friendship". We are a vibrant 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

**Phillip Island Day View Club** proudly supporting The Smith Family. Feb-Dec - 4th Monday of the month at 11am, Rusty Waters Brewery, Cowes. Bookings essential. New members welcome. For information contact Ann Finger 0439 399829.

**Phillip Island & District Historical Society** 56 Chapel Street Cowes, Contact: Pamela Rothfield 0418 368 607

**Phillip Island Library** is closed for the redevelopment of the Cowes Cultural centre the new library facilities. Our Click & Collect and returns location is Phillip Island Community and Learning Centre 56/58 Church St., Cowes. Library items may be returned outside the office at PICAL 24hrs and pick-up of holds is available on the following days: Tues 1.00-4.30pm : Wed 9.30-2pm : Thursday 9.30-1pm.

**Friends of the Library** 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 Inc.** We not only do Patchwork but all other varieties of Craft such as Embroidery, Beading and Knitting. We meet Monday Nights 7.30p.m. to 9.30p.m. The first, second and last Tuesday of the Month 10.30a.m. to 2.30p.m. At Wonthaggi first and third Friday of the Month 10.a.m. 2.30p.m. Corinella Crafties second and fourth Wednesday of the Month 10.30a.m. to 2.30p.m. For more information please contact President Gayle Rowden 0400634282 or Secretary Lyn Arnold 0429481875

**Newhaven Indoor Bowling Club** meets every Tues at 12.30-3.45pm in airconditioned Newhaven Hall, Cleeland Av, Newhaven. \$5 includes afternoon tea. New members welcome. Age group 60-90 years. Call Dagmar 59566965.

**"Bee Crafty" Community Craft** Group is meeting fortnightly on Wednesdays at St Phillips Church Hall, Thompson Avenue, Cowes (opposite Coles). All are welcome. For further details Desma Maxworth 0409 136 620.

**Boomerang Bags Phillip Island and San Remo** Volunteers sew re-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).

**PARKRUN**- free 5km timed run/walk for all abilities. Saturdays 7:45 Churchill Island ([www.parkrun.com.au/phillipisland/](http://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](mailto:sanremo@ses.vic.gov.au)

**Rotary Club of Phillip Island and San Remo** Our friendly Club helps care for & brings our Community together through fund raising & community activities, including running our Cowes Op Shop. New members & volunteers are always warmly welcomed. Please call President, Judy Lawrence for more info: 0418 325 055.

**MS Community Visitors Scheme** in San Remo requires volunteers to visit residents in aged care who are socially isolated. Visits are fortnightly and may include taking residents on outings. Phone 98452729 or email [volunteer@ms.org.au](mailto: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](mailto:probuscowes2@gmail.com)

**Phillip Island-San Remo-Bass Coast Vegan Community** Sharing and promoting what's vegan & plant based. Everyone welcome. [phillipislandbasscoastvegans@gmail.com](mailto:phillipislandbasscoastvegans@gmail.com)

**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](mailto:aspicommittee@gmail.com) or Miranda 0400 927 076 .

**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](mailto: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](http://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](mailto: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** 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 0419525 609, email [info@phillipislandgallery.com.au](mailto: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

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

**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](mailto: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.

## SOLUTION TO THE WHODUNNIT

### CASE OF THE CUT BRAKE

“You can’t know who it is.”

Given Leroy’s record, Inspector Flint hated to disagree, but this was one time when he saw no possible explanation.

“Are you saying their alibis won’t check out?”

“Not at all,” said Leroy. “They might indeed. Chuck might well have been on the phone the entire time. The same might be true for Tyrone. As for Dominique, if we didn’t believe Mrs. Watt’s testimony, then we could check the time stamp on the video recorder: I assume that they’re all telling the truth.”

“Well, then, when were the brake lines cut?”

Leroy paused for effect, an old habit from when he was a barrister at Cape Town’s criminal bar .

“Before dinner, old boy.”

“Before...?” Flint had to smile. “You’re slipping, old boy. Mr. Graves only announced his will at the dinner table. Before dinner, no one had a reason to want him dead.”

Now it was Leroy’s time to smile. “If you were Graves and you were changing your will, who would you go to?”

“A lawyer, of course.”

“And who was Milton Grave’s lawyer? His niece, Dominique.”

“You’re right.” Flint slapped his leg. We’ll check that will. If Dominique drew it up, then she goes to the top of our list – the only suspect who knew ahead of time about the inheritance.”

**ANSWERS TO TRIVA QUESTIONS** 1. Melbourne 2. 1500 metres 3. Eleven 4. Rolf Harris 5. Femur 6. Iron 7. Hare 8. Shania Twain 9. Tannin 10. Verso 11. Oars 12. Cloud

## PUZZLE SOLUTIONS



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

### BREAST CANCER FUND RAISER

held by Phillip Island Senior Citizens Club

for THINK PINK - not for profit, volunteer based charity who don't get any government funding and who do the most amazing things for people going through breast cancer

DATE: Saturday, July 16th, 2022

TIME: 2pm

WHERE: 6 Lions Court, Cowes

**\$5 entry at the door**

**All money raised goes directly to THINK PINK**

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## METRICON TEAMS UP WITH LOCAL SUPPLIERS TO HELP CHARITY OLIVIA'S PLACE

A local Metricon team have proudly been busy building and constructing internal works for the new facility for local Gippsland charity, Olivia's Place ahead of their relocation on Calway Street, Drouin. In less than a week the team has constructed a huge 20 metre wall to help the charity's new consulting rooms.

Olivia's Place, who support families through the highs and lows of pregnancy and early parenting, has a longstanding presence in the local community. The local charity relies on community generosity to deliver much needed services to Gippsland families. Metricon's team – led by Service and Warranty Manager for Gippsland Josh Tree – has worked tirelessly to help make this facility ready for Olivia's Place over the last week.

Their General Manager of Operations, Heather Kane commented "We are extremely grateful to the team from Metricon and their suppliers. We have been incredibly busy with the relocation of our primary facility and we would not have been able to do it without the hard work and dedication from Josh and his team.

Thank you to all of the team at Metricon and their suppliers who have helped us so far, we are so excited to be able to soon open and continue the help and support to families who are in need, she concluded."

Speaking about the work undertaken by Josh and his team, Metricon's Regional Manager for Gippsland Jason MacGregor commented "We are really proud to be helping out on this project and providing the materials donated so generously by our trusted suppliers – Dahlsens with all of the timber and materials and then Knauf Plasterboard for all of the plasterboard and products.

"The team have worked around the clock to make sure the wall and areas have been built so that when the relocation is ready to take place, the building is ready. We have been working with the charity for 3 years and are very proud of not only the monetary donations we have made but also the time and effort our team have put in.

He continued "We are so fortunate to employ such wonderful local tradies and our local suppliers from who have so generously contributed by supplying materials to help with this project".

"We are excited for the official opening and once again are really proud to have been able to help, charities like this really depend on local people lending a hand to Heather and her wonderful team," said Jason.

# JULY GIG GUIDE

<b>FRIDAY 1ST</b> <b>Rehash</b>	<b>SATURDAY 2ND</b> <b>Andrew Wishart</b>	<b>SUNDAY 3RD</b> <b>Gretta Ziller</b>
<b>FRIDAY 8TH</b> <b>Eric Collier</b>	<b>SATURDAY 9TH</b> <b>Mao &amp; Bec</b>	<b>SUNDAY 10TH</b> <b>Mark Phisha</b>
<b>FRIDAY 15TH</b> <b>Corrie Blackley</b>	<b>SATURDAY 16TH</b> <b>The Infernos</b>	<b>SUNDAY 17TH</b> <b>Esta Christenson</b>
<b>FRIDAY 22ND</b> <b>Doc White</b>	<b>SATURDAY 23RD</b> <b>The Wellingtons</b>	<b>SUNDAY 24TH</b> <b>Matthew Bright</b>
<b>FRIDAY 29TH</b> <b>The Wing it Brothers</b>	<b>SATURDAY 30TH</b> <b>The Masons</b>	<b>SUNDAY 31ST</b> <b>Queen Billy Pines</b>

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