

# PHILLIP ISLAND VIBE

Free

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www.phillipislandvibe.com.au



SEPTEMBER 2022



Supposedly Spring has sprung and I'm sure we are all looking forward to the weather improving. Cape Barron Geese are such an iconic sight on Phillip Island. Many thanks to talented local photographer Rachel from @phillip\_island\_images for this incredible shot taken along the coastline. Please enjoy our September edition.

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For more information contact our Registrar Belinda Manning.

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## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

### Street Names of Phillip Island - Walpole Street Cowes By Pamela Rothfield - Phillip Island & District Historical Society

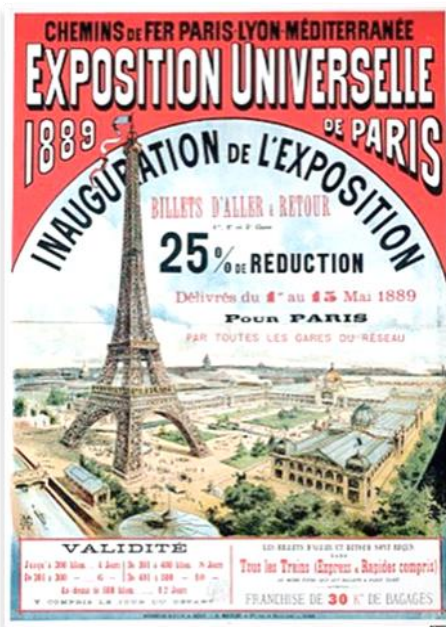
This charming street running with a north/south orientation down to the Esplanade to the beautiful front beach of Cowes is named after Reginald Herbert Robert ('Robert') Seymour Walpole, who was born in Balderton Nottinghamshire, England. He was son of R. S. Walpole, a Church of England clergyman.

Robert, who's 'rank' was noted as gentleman on official documentation, spent four years in the USA before migrating to Australia in 1875 at the age of 22 with his brother Horace. He then worked for the Bank of Australasia in New Zealand for 3 years and upon his return to Australia worked on stations in remote regions of Australia. In 1882 he married Jane Sophia Kent of Launceston, and soon after his marriage, his career opportunities skyrocketed. In 1883 he was appointed Secretary to the Calcutta Exhibition in India, marking the start of his career as an organiser. His wife gave birth to their first child in Calcutta.

After success in Calcutta, Robert was appointed the Commissioner for Victoria at the World Fairs for both the Centennial International Exhibition in Melbourne in 1888 and the Paris Exhibition in 1889. It was this 1889 Paris Exhibition which saw the unveiling of the Eiffel Tower as it served as the entrance arch to the World Fair. In 1903 Robert became the Secretary of the Victorian Employers' Federation and that same year helped to found the Employers' Federation of New South Wales. He was also instrumental in setting up the Australian Women's National League and the Anti-Socialist Alliance.

According to the Australian Dictionary of Biography; "Robert was a tall and lean man, who earned the nickname 'Tallpole'. He became something of a Melbourne identity, but his abrasive and confrontationalist style denied him popularity: Robert admitted in 1908, with some satisfaction, that many looked upon him as 'the most unpopular man in Australia'. For this reason the Victorian Employers' Federation sought to minimize his visibility as an organizer in bodies such as the Australian Women's National League."

In 1908 Robert and his wife Jane, came to Phillip Island and built a beautiful summer home in what is today known as Warley Avenue. This home was called 'Buena Vista'. They moved permanently to Buena Vista in about 1915 along with two of their daughters. One year after their permanent move to Phillip Island Jane died at the age of 59 from influenza and pneumonia at her



beloved home 'Buena Vista'.

Robert continued to live in Buena Vista until 1922, when possibly through ailing health, he went to live with his daughters, Florence and Gladys in Heidelberg.



The Walpole home, Buena Vista

In 1923 Phillip Island's great benefactors, Mr and Mrs William E. Thompson, purchased the beautiful home 'Buena Vista' and donated it to the people of Phillip Island for a hospital, renaming it Warley Bush Nursing Hospital.

Almost forty years later, in 1962, when the new Warley Hospital was built, the original Walpole home was moved to nearby Genista Street.

Robert died in July 1928 at the home of his daughters in Heidelberg and was interred with his wife Jane in the Cemetery on his beloved Phillip Island.




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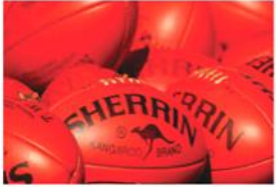
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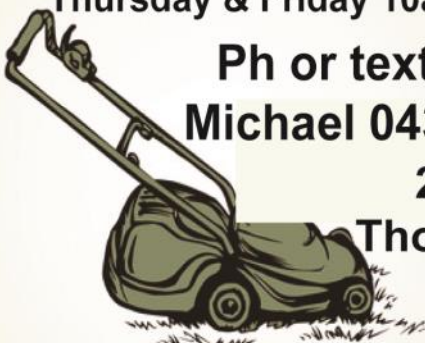
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Throughout the winter months the La Onda Phillip Island team has shared a range of tips and ideas in Phillip Island Vibe to help you get through winter. Even though it's now September and we are on the other side of winter, we are still seeing a wave of respiratory and other infections, which has prompted us to revisit our immune boosting tips.

There are many supplements and herbs touted as 'immune boosters'. The science is mixed on a lot of them, however there is reasonable evidence supporting zinc and vitamins C & D in their ability to support staving off and shortening the duration of seasonal illnesses like the common cold. It is possible to supplement with these, but they are also abundant in a range of food. Vitamin C is abundant in a range of fruit and vegetables, especially citrus fruits (oranges), capsicums and cruciferous vegetables such as broccoli. Seeds and nuts are a great source of zinc too. The benefit of getting these through wholefoods is that you get all the added benefits of fibre and other nutrients.

Most commonly associated with helping to keep our bones healthy, Vitamin D actually has a range of important roles in our body including supporting healthy immune function. It can also affect our mental health, with deficiency identified as a factor in seasonal mood disorders. There are some dietary sources of vitamin D, such as mushrooms and fortified foods, however most of our stores come from our skin being exposed to the sun. Feeling like you're not getting enough sun? It may be wise to supplement. Given that this is limited in the winter months, it can be advisable to supplement through the colder months. Check with a healthcare professional what product will best suit your needs.

Another important factor is making sure we 'recharge our batteries'. Sleep is the body's main answer to repairing and regenerating the body and mind from the tolls of daily life. For some, however, sleep can be elusive. As best you can, try to go to bed at the same time each night and limit exposure to devices and bright light in the hour leading up to bed. If you find your mind racing at night try listening to a guided deep relaxation script. When possible, try to get some natural light exposure soon after waking. If you're struggling with sleep or winding down, chat to a trusted health professional. Breathing properly can be an important part of charging our batteries - but what do we mean by properly?

When breathing, you want to focus on breathing slowly through the nose whilst taking the oxygen deep into the diaphragm. With each inhale you should feel your belly or lower ribs expand. Even just taking a few minutes each day to practice slow, deep breathing can help improve our day to day breathing patterns. Aim for about 4-5 second inhales and exhales through the nose, and place your hands on your belly or lower ribs to feel the expansion. This helps activate our parasympathetic nervous system, which helps our bodies to 'rest and digest'.

*Want to learn more? If you're interested in a consultation or coming to a workshop to learn more about staying on top of your health you can reach out to us at [laondaphillipisland@gmail.com](mailto:laondaphillipisland@gmail.com) or stay tuned on our social media pages.*

## Phillip Island Business Network

### Looking for support in your Local Business?

The Phillip Island Business Network is an incorporated association, currently with 82 business members across Phillip Island and San Remo. Our purpose is to initiate and facilitate connection and collaboration in supporting businesses that will enhance the sustainability of the Phillip Island economy and community.

Highlights of our achievements this year include:

- Business to Business event with Totally Renewable Phillip Island
- Delivered 3 x Workshops for Business Leaders on Creating Wellbeing in the workplace
- Launched a Members Only Online Portal with high quality resources
- Multiple social events and gatherings throughout the year aimed at connecting our Businesses opening us up to new ideas and perspectives

The Network is run by a passionate committee of volunteers, who contribute their time and skills towards building a stronger economic environment for those doing business in Phillip Island and surrounds.

The Network is also currently running a campaign called the "PIBN Wellbeing Series" which aims to raise awareness about taking care of our own wellbeing through tiny, repeatable habits.

More information on The Phillip Island Business Network can be found at our website: [www.pibn.com.au](http://www.pibn.com.au)

Membership Enquiries: [admin@pibn.com.au](mailto:admin@pibn.com.au)

### Phillip Island Business Network

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the Phillip Island Business Directory:  
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Tickets for bands: \$60 cash at the gate each night on Friday and Saturday. Open to the public - bring a chair/rug and enjoy the night or online at <https://events.humanitix.com/phillipislandmotorcyclefestival>  
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\$5 donation at the gate for all motorcycles  
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Allan Turner 0412 985211 [www.zaidee.org](http://www.zaidee.org)



# Book Reviews

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## COBALT BLUE BY MATTHEW REILLY

Price: RRP \$29.99 (10% discount to registered customers)

Australia's favourite novelist and author of both the Scarecrow and Jack West Jr series presents a new novella, an epic battle of superheroes.

For 35 years, the United States and Russia each had their own superhero. Three days ago, America's hero died. Today will be bad. In the face of an overwhelming attack, one young woman - unassuming and anonymous - might be America's only hope. Her codename ... COBALT BLUE

Matthew Reilly is the internationally bestselling author of the Scarecrow series, the Jack West series and numerous standalone novels. His books are published in over 20 languages with worldwide sales of over 8 million copies. He directed the Netflix film Interceptor, which he co-wrote with Stuart Beattie. Born in Sydney in 1974, Matthew Reilly was not always a big fan of reading. It was only after he read To Kill A Mockingbird and Lord of the Flies in Year 10 that he realised reading could transport you to another world. Following this revelation, Matthew soon began creating stories of his own and set about writing his first novel, Contest, at the age of 19 while still at university studying law. Following rejections from all the major publishers, Matthew self-published Contest in 1996, printing 1000 copies. He produced a big-budget-looking novel which he sold into bookshops throughout Sydney, one shop at a time. In January 1997, a Commissioning Editor for Pan Macmillan Australia walked into Angus & Robertson's Pitt Street Mall store and bought a copy of Contest. The editor tracked Matthew down through his contact details in the front of the book. Interestingly, those original self-published editions of Contest have now become much sought after collectors' items. One recently sold on eBay for \$1200! Matthew Reilly is now the internationally bestselling author of the Scarecrow novels. His books are published in over 20 languages with worldwide sales of over 8 million copies. Since The Seven Ancient Wonders in 2005, Matthew's novels have been the biggest selling new fiction title released in Australia for that year.

## FLIPPER AND FINNEGAN BY SOPHIE CUNNINGHAM

Price: RRP \$19.99 (10% discount to registered customers)

Flipper and Finnegan live on a beautiful island. Every morning they hunt for fish in the clear blue ocean waters. Every evening they waddle up the beach together with all their friends - it's a penguin parade.

But one day, when Flipper comes up for air she gets covered in something that is black and smelly and sticky - and Finnegan is nowhere to be seen...

This is the miraculous true story of how a viral knitting campaign helped save the lives of Millow/Phillip Island's little penguins. From the bestselling creators of Tippy & Jellybean - The True Story of the Brave Koala who Saved Her Baby From a Bushfire, this is an affirming and delightful tale of animal rescue and community cooperation. Sophie Cunningham is the author of five books. She is a former publisher and editor, was a co-founder of the Stella Prize and is now an Adjunct Professor at RMIT University's Non/fiction Lab. In 2019 Sophie Cunningham was made a Member of the Order of Australia (AM) for her contributions to literature.



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## DOLLARS AND SENSE BY DAVID WELLS

### Some Wisdom from Warren Buffet

We are in a period of investment turmoil all round at the moment and some commentators have called it a “perfect storm.” Those with managed superannuation funds will see that they have likely lost value this year as less than 10% of public offer funds have made any gains. Share prices are down, property is forecast to drop up to 20% and bonds are collapsing as interest rates rise. However, don’t be fooled into “cashing out” thinking that’s the safe thing to do.

Warren Buffet is regarded as one of the world’s greatest investors, which may in reality be an exaggeration, but he is incredibly successful even if he has made some big mistakes. What he has done is given us a large number of homespun quotes on investing which make for good reading. His quotes are simple, easy to understand and generally without argument. Many are also totally applicable to investment in any asset class.

So, while we read about all this turmoil I thought I’d dip into the collection and present some of his quotes here.

**Rule No.1: Never lose money. Rule No.2: Never forget rule No.1.**

Investment is about making money so if an investment isn’t looking like it will make money, don’t wait to see if it does – get out of it. This is the “first loss is the cheapest” rule.

**I don’t look to jump over 7-foot bars: I look around for 1-foot bars that I can step over.**

Why make things harder than they are. Small steps are better than trying to get that big win and a whole lot easier to come by. Get rich reliably rather than quickly. Jumping too high could lead to a hard landing.

**I buy on the assumption that they could close the market the next day and not reopen it for five years.**

Look for investments that will retain their advantage over time – never the quick fix. Buy to hold forever but don’t forget to manage it.

**Price is what you pay. Value is what you get.**

Make sure that what you’re buying is at a fair price and actually worth its price to you.

**We simply attempt to be fearful when others are greedy and to be greedy only when others are fearful.**

This is my favourite. Don’t follow the crowd or the fashion – they mostly get it wrong.

**The investor of today does not profit from yesterday's growth.**

Yesterday is history, it’s what will happen in the future that matters, so do your homework. In 2006 ANZ was \$31.74, it’s never got back there yet. Do your research but never buy solely on reputation.

**Whether we're talking about socks or stocks, I like buying quality merchandise when it is marked down.**

Take advantage of discounted prices for good shares and good home. We know that the prices

will recover and go higher. Think of these times as a sale but picking the bottom is luck so just look for better value.

**Opportunities come infrequently. When it rains gold, put out the bucket, not the thimble.**

You know it will be good in the future so why not take proper advantage of the situation?

**Never count on making a good sale. Have the purchase price be so attractive that even a mediocre sale gives good results.**

There’s no point in having a property or a share on the market at a great price if no one will buy it.

**A home should be the greatest asset for most people.**

Self explanatory. A home has much more than monetary value.

**Look at market fluctuations as your friend rather than your enemy; profit from folly rather than participate in it.**

Markets always go up and down, shares and property. That’s normal and nothing in itself to be worried about for the long term. These fluctuations create opportunities to buy low or sell high.

If you find a house you like and you’re going to stay in the locale for a while, buy it with a 30-year mortgage.”

**The best chance to deploy capital is when things are going down.**

It’s always better to buy things you want for a lower price. This is especially true for big ticket items.

**A climate of fear is our best friend. Those who invest only when commentators are upbeat end up paying a heavy price for meaningless reassurance.**

Commentators get paid for talking, not investing and most of them who offer opinions generally are wrong anyway. By the time everyone is talking about buy either shares or property, it’s too late to get a bargain.

**Risk comes from not knowing what you're doing.**

So know what it is you are trying to do and then if necessary get expert help but make sure you understand what it is you’re doing and especially the risks involved.

**Don’t risk what is important to you to get something which isn’t important to you.**

This is all about priorities. Determine what is important and take the lowest risk investment route to get there.

There is a lot of positive things investors, including self-funded retirees can be doing to better their position at this time. The secret is to keep a clear mind about what it is you want and knowing that this uncertainty won’t last forever, The turn around will be here before you recognise it so it’s a case of “get ready and wait”.

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Surf news by Ed Amorim  
@prosurfcoaching\_

### Feels like...

Lining up your speed with the speed of the wave for a barrel is one of the most difficult parts of the modern surf. Anticipating what the wave will do next is the biggest challenge ever. Increasing your reading progressively is the way to go because even with good photos like those from this week, we can still pinpoint areas for improvement such as the spaces to be used in the wave combining with the technique to be put in place, plus the progressive commitment and go for it attitude. That's the magic of surfing!!



### Barrels Programs

Our @prosurfcoaching\_ Indonesia Head Coaches Guto and Ed been working hard to develop the best methodology and techniques to share with intermediate and advanced surf students to assist them become deeper, more stable and in control of the situation when they are surfing holes waves and reef banks so they can pass all this along in the barrels programs. You can be the next?

### Multiple Training

Surfing, skating, yoga, pilates, swimming and bike. The best way to progress your surfing is training in multiple sports to complete your needs and boost the progress you are looking for. @prosurfcoaching\_ we are proud to be a multiple training Surf Academy that makes surfers better surfers.

### Indo dreams are back

Good news. It is now official. We have our own "Surf Camp in Indo" at our Pro Surf Coaching brand new house in Cangu, Indonesia. It helps us to better assist and support our students and friends with our local top coaches the Amorim brothers, Guto and Ed, who are in attendance at the new camp. The new house is equipped with 3 suites, big open kitchen, complete lounge, swimming pool and storage room for boards and is now on the way to be finished by the end of June.

We also have the reopening of our Surf Camp at Mentawai's Kandui Resort in November 2022 and we have just one spot left. Get in contact for more information and to book.

### Let's talk about "El Niño and La Niña"

Australia's weather is directly or indirectly influenced by many climate drivers. El Niño and La Niña have the strongest influence on year-to-year climate variability for most of the country. They are part of a natural cycle known as the El Niño-Southern Oscillation. The ENSO cycle loosely operates over timescales from one to eight years and La Niña is even stronger and devastates as a mega event influencer which is what's happening in 2022.

### What causes La Niña?

La Niña occurs when equatorial trade winds become stronger, changing ocean surface currents and drawing cooler deep water up from below. This results in a cooling of the central and eastern tropical Pacific Ocean. The enhanced trade winds also help to pile up warm surface waters in the western Pacific and to the north of Australia. The warming of ocean temperatures in the western Pacific means the area becomes more favourable for rising air, cloud development and rainfall. As a result, heavy rainfall can occur to the north of Australia. Conversely, over the eastern and central tropical Pacific, air descends over the cooler waters, meaning the region is less favourable for cloud and rain. The air rising in the west and descending in the east enhances an atmospheric circulation – called the Walker circulation – which can result in changes to the climate felt across all Australia and the entire globe.

### Monitoring La Niña

The term La Niña describes a particular phase of the ENSO climate cycle. ENSO is a coupled atmosphere-ocean phenomenon, which means that the transition between La Niña, El Niño and neutral conditions (neither El Niño nor La Niña) is governed by interactions between the atmosphere and ocean circulation. In the atmosphere, ENSO is monitored via the Southern Oscillation Index(SOI), a measure of atmospheric circulation that takes the difference of atmospheric pressure between Darwin and Tahiti. In the ocean, ENSO is most commonly monitored through observed sea surface temperatures within a region of the central and eastern tropical Pacific known as NINO3.4. El Niño and La Niña are not turned on and off like a switch. Rather, El Niño and La Niña are a function of the strength of departures from average in NINO3.4 and the SOI. This means that if conditions are close to La Niña (El Niño) thresholds, one might expect to see some La Niña-like (El Niño-like) effects on Australia. La Niña events are typically defined when SOI values are sustained above +7 and NINO3.4 temperatures are more than  $-0.8$  °C below average. Events that maintain index values close to these thresholds are generally classified as moderate to weak, while those that greatly exceed them are referred to as strong.

### Increased rainfall

The increased rainfall and cloudiness in the western Pacific associated with La Niña usually means above-average winter –spring rainfall for Australia, particularly across the east and north.

The six wettest winter–spring periods on record for eastern Australia occurred during La Niña years. In the Murray–Darling Basin, winter–spring rainfall averaged over all 18 La Niña events (including multi-year events) since 1900 was 22% higher than the long-term average, with the severe floods of 1955, 1988, 1998 and 2010 all associated with La Niña.

### Triple La Niña

A senior US government scientist warned less than a fortnight ago that Australia's east coast could be hit by a rare "triple La Niña" that would bring flooding rains and cooler weather for the third summer in a row in 2022-23.







## Let's get cooking

Simple and delicious recipes from Paul at Hill Top Farm Butchers

### SLOW COOKED BEEF IN RED WINE



#### WHAT YOU NEED:

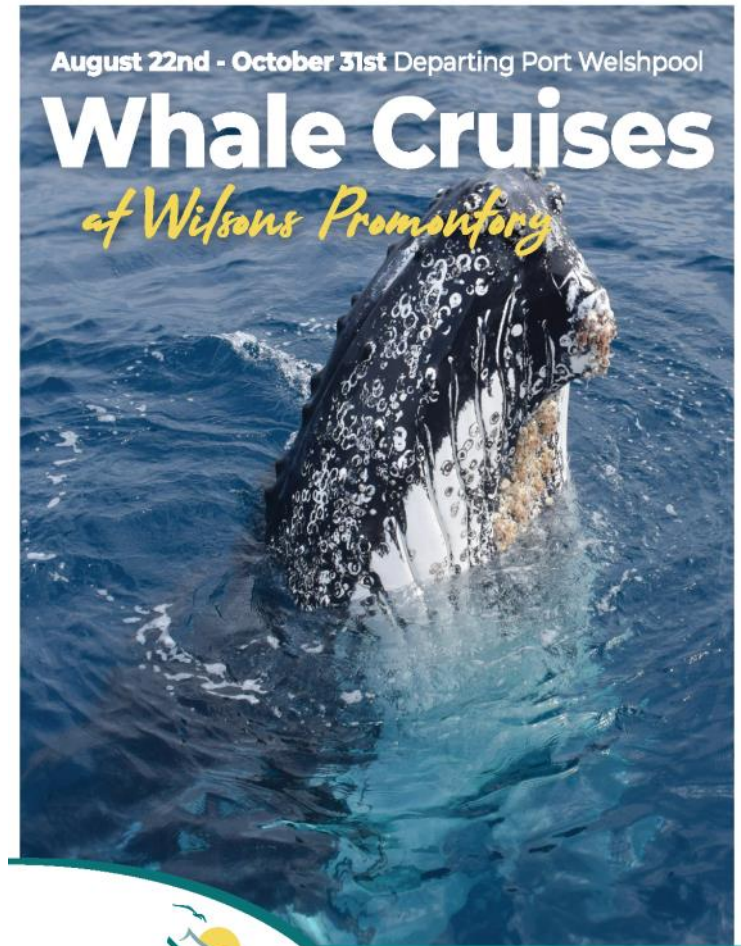
- |                         |                           |
|-------------------------|---------------------------|
| 1 kg diced Beef Chuck   | 4 cups Chicken Stock      |
| 1 1/2 teaspoons Salt    | 1 onion, quartered        |
| 1 teaspoon Black Pepper | 2 Bay Leaves              |
| 3 tablespoons flour     | 4 sprigs Thyme            |
| 1 tablespoon Olive Oil  | 4 medium Carrots, chopped |
| 1/4 cup Tomato Paste    | 500g baby Potatoes        |
| 2 cups Dry Red Wine     |                           |

#### WHAT TO DO:

Place beef chuck, flour, salt and pepper in a bag and toss to coat beef. In a frying pan fry beef in oil until golden brown then place beef and vegetables in slow cooker. Pour the wine into frying pan to deglaze then

pour into slow cooker. Add the rest of ingredients and stir well. Set timer on medium and cook for 5 to 6 hours.

Enjoy with fresh crusty French Bread or Creamed mash potatoes.



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## Healthy and Healing with Pip

### What the heck is a Divine-ologist?

These last few months, I've been working with my business coach to upgrade my 1:1 coaching program and recently she asked me to come up with a statement to describe who I am and what I do.

I said: "When I started out 25 years ago I used to call myself a Reiki practitioner and meditation teacher. Then I added my Bowen Therapy and Angel Intuitive qualifications. And in the last 10 years I've been doing spiritual counselling, teaching psychic development classes and I became a published author."

She said: "Yes you've changed and evolved the business over this past 10 years. So, what is the best title to describe you now?"

I said: "Well, I'm connecting people with their Divine self. I remind them that they are Divine souls. And I teach them how to easily communicate with their Divine guides. I'm like a ... Psychologist for the Divine ... what I do is Divine-ology. ... hey!! I'm a Divine-ologist!!!! ... oh I've got goose bumps!" (laughing)

She said: "Oooooooo I love it! Yes! I've never heard anyone call themselves that before. This is great!"

This conversation got me thinking about what other people's "OLOGY" could be ... so let's start with your skills. The things you are good at. The things you like doing. The things you find easy and fun. Are you good at cooking, organising, designing, building, dancing, magic, gardening, electronics, crafting, music, coding, gaming, writing, driving, listening?

Everyone has a unique skill set that makes them happy, it's easy for them and it usually serves the world (family and community) in some positive way.

The key is the feeling of happiness and it's really EASY for you. For example, maybe you love to organize cupboards. Not everyone finds it easy, or enjoyable, to organise their home. If you do, then you might be the perfect person for them. This could be a job or even a business idea for you.

It's sort of like that Go Fish game ... match the skill set with the need. Oh no, that's not Go Fish ... ha ha ... what game am I thinking of? ... Is it Guess Who? ... anyway ... it's like puzzle pieces fitting together perfectly. Yes! And when you recognise what that thing is for you that's your OLOGY!

You could be a Food-ologist, a Shoe-ologist, a Dance-ologist, a Craft-ologist! You get my drift ... Answer me this ... in your life right now ... Are you happy? Are you having fun? Are you fulfilled? Is what you do for a living easy?

If the answer to these questions is "no" - it's time to take time to honestly reflect, forgive yourself for getting off track and then realign. Now is the perfect time to reset, it's Spring! The season of beginnings and new ideas and fresh starts.

I'm excited because I can help you re-discover your OLOGY ... My highest intention is to help you make a meaningful connection with your Divine Guides, so that you have a personal relationship that's fun, easy and creates space to remember your Soul's spiritual truth. We are all Divine Souls and remembering your natural ability to connect with the universe and these higher beings gives confidence. And it soothes your overthinking mind and worried ego.

Knowing that YOU are eternal and multi-dimensional (not just the guides) is a profound shift in consciousness that relieves fear and anxiety. If more people had that level of awareness and awakening the world would be a very different place.

This is what people are referring to when they speak of the ascension consciousness\*.

You are always growing and becoming more aware, you can't help it. That's how souls work. We're meant to evolve. Some do it quickly. Some do it slowly. Some kicking and screaming. And eventually we will all evolve to a point of ascension and go back "home"; it just might take centuries for some of us.

I am so excited and blessed to be part of your journey of Soul evolution. Contact me to have a complimentary phone chat about how you can do the Divine Alignment coaching program.

Blessings, Pip

*Pip Coleman - Author, Reiki Master Coach, Speaker, Intuitive Interviews, Bowen Therapist (ISBT), Advanced Angel Intuitive, Meditation & Psychic Development Teacher. CONTACT mobile: 0437 670 820 website: [www.pipcoleman.com](http://www.pipcoleman.com) podcast: <https://anchor.fm/pip-coleman>*

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## Phillip Island Camera Club "Making Photography Fun - What a difference a filter makes

If you want to manage tricky lighting conditions when taking photos, you may find a camera lens filter handy. Filters help to minimise glare and reflections, enhance colours and reduce the amount of light coming into the lens. Each lens filter serves a specific purpose because it is made to deliver a specific effect to help enhance the final look of an image. The secondary use of a filter is to protect your lens against moisture, dirt and scratches because it attaches to the front of your lens. The two main types of lenses include screw-on (to the front of the lens) and drop-in (to a small specialized compartment near the rear of a telephoto lens).

Polarising filters are like sunglasses. They add depth to an image by saturating its colour and reducing reflections. You can slowly rotate the filter while watching how the image changes on your camera's viewfinder or live view. These are best for shooting landscapes. They darken skies, make colours pop and eliminate glare and reduce reflections on glassy or water surfaces.

A graduated neutral density (GND) filter has a vertical transition between dark and clear to balance the exposure between the sunny sky and its darker foreground. They vary in darkness and are measured in 'stops'. The number of stops of light determines how much it will darken part of the scene you are trying to capture. GNDs are suitable for landscape photography and shooting during the golden hours (just after sunrise and before sunset).

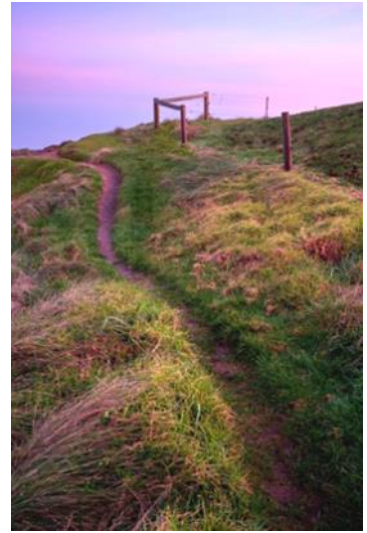
Camera club member Susan McLauchlan recently visited Kitty Miller Bay to show us what a difference using a lens filter can make to an image.

*Reference: A Beginner's Guide to Camera Lens Filters – 42West Adorama <https://www.adorama.com>*

All images are copyright of the photographer and may not be copied or used without permission.

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

**For more information about the Phillip Island Camera Club phone Jenny on 0408 355130.**



*These two images show how a polarising filter can increase the saturation. The image on the left is without the lens filter and the one on the right is with the polariser and has been edited to enhance it even more. Images by Susan McLauchlan.*



*Without a camera lens filter*

*These two images show the difference the use of a graduated 3-stop neutral density filter can make to darken the sky and even out the exposure across the whole scene. The shadows in the foreground have been raised slightly in the one with the filter. Images by Susan McLauchlan.*

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

## Let's play poker

Leroy, Phillip Island's famed amateur sleuth, and Inspector Flint from the Cowes constabulary stood side by side. They were staring at a bloody corpse sprawled face up in the living room of a suburban house in Ventnor. Leroy spoke first. "A premeditated crime."

Flint frowned. "What makes you say that?"

"Choice of weapon." Leroy pointed at the fireplace poker. It had been used like a sword, stabbing its victim several times in the chest and stomach.

"When we were walking up the drive, I didn't see any chimney."

Flint looked around. "You're right. So, the killer brought the poker from another location, which indicates a planned murder."

"Very observant." Leroy remarked with a chuckle. Flint scowled, not sure if the compliment was genuine. Leroy and Flint had been in the midst of one of their occasional lunches at Pino's Pizzeria when the call came in on the inspector's cell phone.

The Postie, making his rounds in the quiet neighbourhood, had happened to glance through a living room window. He saw pretty much what they were seeing now, a large, elderly man who had died trying to fend off a brutal attack.

The responding police officer interviewed the next-door neighbour, a nearly deaf woman who claimed not to have heard or seen a thing. "Harold Kipling." The inspector was reading from the officer's notes. "A widower living alone. Three children, none of whom seemed fond of him. A life insurance policy was split among the kids, plus some savings. There had been fights about a nursing home and money."

"The children all live locally?" asked Leroy, keen to interview them as he was hardly a stranger from his years as a barrister to the shenanigans of children faced with an unloved rich parent still seeking refuge in autumnal years. As if to answer the question, a police officer eased open the door.



"The victim's kids are here, Inspector. I told them he was dead. I hope that's okay." Leroy grimaced. What on earth were they teaching aspiring policemen about tact nowadays, he thought. The inspector and the sleuth walked out onto the lawn to face two middle-aged men and a woman. Flint, adopted his best corpse-side manner. "Your father was murdered," he told them. "We don't know much more than that. The murder weapon was a fireplace poker."

"Fireplace poker? Dad doesn't have a fireplace," the older son said. "We know that."

So, what happened? Someone broke in with a poker and stabbed him to death?"

There were no signs of forced entry," Flint explained. "Did your father get into many fights with people?"

The younger son found this amusing. "Just with us. He wanted to move into a nursing home. We didn't feel it was necessary."

"He wanted to go?" asked Flint. This was certainly a switch.

"It's an expensive nursing home," volunteered the daughter. "He wanted to cash in his life insurance and use up his savings. It was a very selfish idea."

This lack of compassion or for that matter lack of display of grief from a family only just robbed of their father's life but not his insurance policy, was a further insight into human greed and motive. Leroy pondered these thoughts as his forensic DNA started to go into overdrive.

"I dropped over this morning," said Gary, the younger son. "Dad had already signed the papers. We argued about it, then I left. I called Jason and Jennifer. "Right," said Jennifer. "Jason, Gary, and I decided we would come over as a group and try one last time. We got here just a few minutes ago. "Can we see him?" Jason asked. There was a nervous timidity in his voice.

Leroy had been mostly silent throughout the interview but he had been carefully analysing the facts and the statements made by the children, and now he spoke up. "I think it would be fine for two of you to see the body. But one of you needs to answer a few more questions." He had a strong hunch who the culprit was.

**Well readers. Which suspect does Leroy want to question. What clue made Leroy suspicious? If you still need some help solving this mystery turn to page 22 for the solution.**

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# CRYPTO ISLAND



## HOW CRYPTO INVESTORS ARE TAXED IN AUSTRALIA

This column attempts to clarify how the Australian Taxation Office (ATO) assesses the taxable income and capital gains that can arise when certain resident taxpayers generate a return on their investments.

The ATO view crypto as a digital asset and treat it as 'property'. Income tax applies when the investor generates an income return during a financial year. Investors who trade in crypto may also be subject to income tax. The Capital Gains Tax (CGT) provisions apply when an investor holds an investment for more than 12 months before selling part (or all) of the investment at a profit.

It is crucial that investors maintain accurate records of every crypto transaction, including the date of each transaction, the purchase and sale values expressed in Australian dollars, and interest earned from 'staking'. This is the process of delegating or locking up crypto holdings to earn rewards. The most common form of reward is interest that is paid daily. The interest is taxed as ordinary income.

### Not All Individual Taxpayers Are The Same

Taxation Law distinguishes between 'investors' and 'traders'. Investors are people who primarily buy crypto and hold it as a long-term investment. If the investment is held for more than 12 months before a sale takes place, the CGT provisions apply. Losses can be offset against gains and the net profit attracts a 50% discount before normal tax rates are applied to the taxpayer's combined income from all sources. There is no separate tax that applies to realised capital gains.

Traders typically conduct a host of transactions that look like they are carrying on a business. The facts and circumstances of each case is assessed by the ATO. This is a subject that is of critical importance and anyone who gets heavily involved in crypto investing, should seek professional advice. Some of the factors that might be considered by the ATO when assessing whether a person is a trader, could include:

- Is the activity carried on in a commercially viable way?
- Does the investor have a business plan?
- Do the accounting records suggest that the aim is to run a business?
- Is the investor professionally educated?
- How many hours a week are devoted to the crypto activities?
- Is the investor using sophisticated software that enables trading in crypto?

The tax treatment decided by the ATO is not a matter of choice. The ATO will make an objective assessment. Qualified tax accountants that specialise in crypto should be consulted if an investor trades regularly.

The tax regulations become complicated when we consider the following scenarios:

- How is a capital loss treated?
- What happens if a gift of crypto is made to my children?
- How are free additional tokens taxed when they are distributed by a digital exchange?

- Does the loss or theft of crypto allow you to claim a capital loss?

### Capital Losses

For CGT purposes a capital loss occurs when a crypto investment that has been held for more than 12 months, is sold at a loss. The capital loss can be offset against capital gains that were realised in the same financial year. If there were no other realised capital gains in a particular year, the loss can be carried forward to the next financial year. A realised loss on a crypto investment can be offset against any other realised gains. For example, a crypto loss could be offset against a realised gain on BHP shares.

### What Happens If A Gift Of Crypto Is Made To My Children?

The first consideration is how do you place a value on the crypto involved? The market value on the date of the gift will need to be established based on the value shown on a reputable crypto exchange. At the time the gift was made the transaction will have resulted in a gain or a loss for the person making the gift. If the crypto was held for 12 months prior to making the gift the CGT provisions apply. If the crypto was not held for 12 months, then a profit will be taxed as ordinary income, and any loss could be offset against other taxable investment income.

### How Are Free Additional Tokens Taxed When They Are Distributed By A Digital Exchange?

The process of distributing additional tokens to existing investors is referred to as an 'airdrop'. The ATO views an airdrop as a source of ordinary income at the time it is received. This income needs to be accounted for in the financial year in which it was received.

### Does the loss or theft of cryptocurrency allow you to claim a capital loss?

The short answer to this question is yes. To expand on this subject there are two issues: Firstly, have you lost your evidence of ownership, or have you lost access to the cryptocurrency?

Investors who store their crypto on a digital wallet are responsible for maintaining the access keys that allow for buy and sell transactions. If you lose the keys, you have lost the investment. In a similar vein, if you misplace the digital wallet or it is stolen the investment is lost.

To be able to provide evidence to support a capital loss you will need the following evidence:

- When you acquired and lost the private key
- The wallet address or account details of the exchange that you have used
- The cost incurred to acquire the lost or stolen cryptocurrency
- The amount of cryptocurrency that has been lost
- Proof that you were in control of the lost or stolen cryptocurrency
- Proof that you have a digital wallet if that is relevant
- A list of all of your cryptocurrency transactions linked to your account or wallet

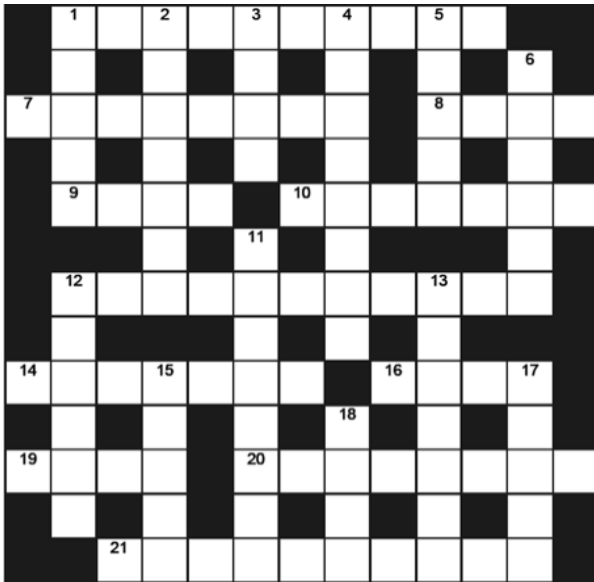
The Australian Taxation Office (ATO) website has several pages devoted to cryptocurrency issues and if this is a subject that you wish to delve into, a visit to the ATO website is recommended.

### Disclaimer

*Cryptocurrency is Global, Volatile, Poorly Regulated, and Invisible. Owen Weeks, director & registered tax agent, Lifestyle Matters Pty Ltd, FIPA, Hon FASFA, and author of 'Invisible Investing - Taking the mystery out of cryptocurrency investing' which is available on Amazon eBooks*

# Brain Food

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



## Vibe Quick Crossword

### Across

- 1 Divergent (10)  
7 Guilty parties (8)  
8 Level (4)  
9 Amend (4)  
10 Contempt (7)  
12 Unhappy (11)  
14 Monkeys (7)  
16 Worn on a riding boot (4)  
19 Also (4)  
20 Regard as perfect (8)  
21 Skin tightening liquid (10)

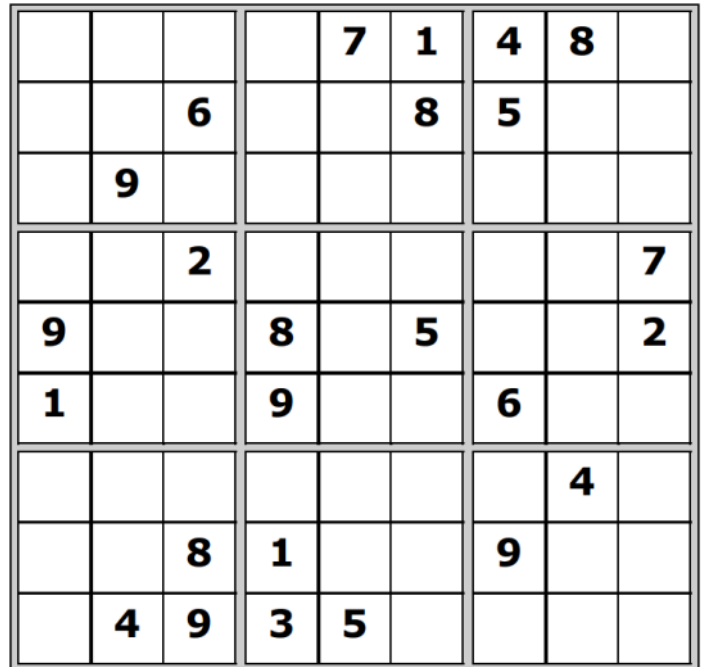
### Down

- 1 Dark tan (5)  
2 Serviettes (7)  
3 Sinister (4)  
4 Most appetising (8)  
5 Fix (5)  
6 To the rear (6)  
11 Smellier (8)  
12 Not possible (6)  
13 The product of force (7)  
15 Sanctuary (5)  
17 Reboot (5)  
18 Legume (4)

## TRIVIA QUIZ



1. Cape Agulhas is the southernmost point of which continent? 2. In Bambi, what type of animal is Flower? 3. What is the only vowel not on the top row of a keyboard? 4. Which two US states do not have a border with any other state? 5. In what part of the body is the lachrymal bone? 6. Where was the film Gladiator set? 7. At age 13 in 1982, who became the youngest person to receive a World Tennis Association ranking? 8. Singer Marvin Lee Aday found fame in the late 1970's as who? 9. What did my true love send to me on the eighth day of Christmas? 10. Who is the current Attorney-General of Australia? 11. Which breed of dog is the worlds tallest? 12. Which country consumes the most chocolate per capita?



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

## Disability support group – we want to hear from you!

Brianna Matthews, from Gippsland Disability Advocacy, is seeking expressions of interest from people with a disability on the Island.

Brianna is starting a support group for people to catch up, share information and support each other. It'll be a friendly space, where morning tea is provided, and participants can learn about various topics of concern or simply have a laugh.

We really want to hear from the community so we can get this up and running, Brianna says.

It'll be cost-free, for anyone over 18 years old, who is living in the Phillip Island community with a disability.

An initial meeting will be held on 6th September at 10am at the Phillip Island Community and Learning Centre (PICAL).

Brianna can be contacted on 0447 033 967. Please RSVP before 6th September.

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

Something that could be very important to all recreational and commercial fishermen that fish offshore is the decision that could be made in regard to the proposal of an offshore wind farm. At the moment there isn't enough information to start a protest or anything like that but now is the time to have a say. From what I have been told there is no solid decision and there are information sessions to discuss reasons behind any decision that will be made. The best way to get involved is to listen to these sessions, read the informed information that is released, not the social media hype and when asked to - submit factual, rational replies and comments. As I said there isn't enough information around yet or anything to suggest there will be a wind farm off the island or even what affect it would have on fishing, but it's too late once the decision is made. Get involved now before anything is decided. I will keep people informed as much as I can through our social media and fishing reports. You can also head to <https://consult.industry.gov.au/oei-gippsland> to find out more and there are information sessions being held around Gippsland. With the wet weather and the cool temperatures, August was all but a non-event for fishing in the boats and we only had a handful of reports from those few perfect winter days. The perfect days were just that and many took advantage to give the boat a shake down before the up coming season with a few very keen even spending the night on the water chasing early reds. The rest of the action has been from the land where bait collection is in full swing, calamari the main target followed closely by salmon from the surf. Everybody else has been busy getting their gear ready and the rod machine hasn't stopped with the reel repair bench full of reels to be serviced. Most of the football will finish this month and then we have the September school holidays, so I would expect to see plenty more fishing before the next report. Reports of calamari have been good during the month and the size equally as good with plenty for bait and the table. We have seen good numbers and from a lot of different places, not all at once and we found one spot fished well for a day or so then it was on to somewhere else for the next few days. The dirty water didn't seem to make a bit difference, unless there was a lot of weed with it. The only thing was when it was dirty the baited jigs were the way to go. Because it's early season and forever changing water conditions those using the artificial jigs found no real pattern to what was best colour and when we asked many would just say "I just used my favourite one". Those who did get the boats wet found that filling the bait freezer with calamari, the odd cuta and salmon wasn't too difficult, but did take the odd few moves. Most weren't too serious and were just testing the boat or trying out the new sounder they just fitted. Some, who went looking even found good numbers and size of whiting. All that fished in the boats did tell us that patience was needed to pick your way through all the cold-water rubbish that was still in the bay. For the keen ones staying out over night, they found a couple of quality snapper and gummies. The snapper were around the 5kg mark and we did have a handful closer to 3kg from during the daytime. The gummies were worth the effort at around 6kg. So, some good dinners for the freezer. All of the snapper and gummies we had reported came from Elizabeth Island and above with most around spit point and the fingers.

## **PHILLIP ISLAND SENIORS MONTHLY UPDATE**

Wow, what a busy month we've had at our club through seniors club happenings and hall hire events that went off like a frog in a sock. During the last few months we were very busy organising everything for our 51st birthday. And what a great birthday we had. We had Rockhouse playing rock and roll music during our lunch which had many of our members, including our new president Teena Burns, up and dancing and having a fabulous time. We also had a new chef cook her first meals for us. Jasmin did very well. Food was mouth-watering and keeping in line with providing our members high quality, scrumptious food. And she has some great ideas for our 3 course roast meals. There was barely any scraps available for my dogs afterwards....but my dogs Hamish and Tillsy were ok with this.

We would like to give thanks to the Phillip Island Bakery for making our birthday cake for us. They don't make cakes anymore but because it was a special birthday for our club, they very kindly made the most beautifully light sponge cake, decorated alluringly.

We would like to show our appreciation to the businesses who provided continued support of our members and our club by way of sponsorship through providing monthly vouchers for our raffles. These include Phillip Island RSL, Penny Lane, Café Lugano, Bean'd San Remo, H-Bomb Barber-shop, Coles, Woolies and IGA. We would also like to give great thanks to our long-term member Joy for providing bottles of wine for our raffles each month. Joy is not doing so great at the moment and we wish her all the very best and hope she can recover from her ailments very soon. Hugs Joy. We miss you and hope you feel better soon. Xxx The weekend prior to our last lunch we had a professional production company hire our hall to bring drag shows to everyone on Phillip Island. This was such a brilliant event for our club to be showcased as not a lot of people know about our hall and/or that it's available for hire. I personally, along with the majority of people I know who also attended, absolutely had a fabulous time! It was so great to get out and have fun again after the last couple of years in lockdown. Draggod To is coming back to the Island later in the year! Check out [draggodto.com.au](http://draggodto.com.au) for details.

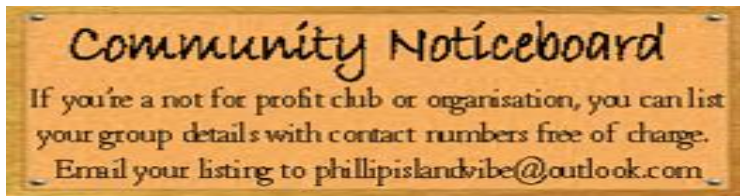
Ooh and how great we are back in spring. Time for planting and getting those gardens going.

There is an exciting exhibition coming up from Saturday 17th September to Sunday 18th September which is the model train club. Come along and see all the great intricate work the train enthusiasts have put together. It's a great activity for the school holidays. Prices and times are as follows: \$8 adults, \$5 kids aged 5yrs and over, kids under 5yrs are free, family price for 2 Adults and 2 kids is \$20. Saturday open from 10am - 4pm (with a sausage sizzle on the day) and Sunday from 10am - 4pm. This exhibition has usually been held at the Civic Centre but is now being held at 6 Lions Court, Cowes with parking available out the back off Watchorn Road, Cowes.

For any info regarding our monthly lunches or hall hire or anything else you'd like to know, please don't hesitate to call our secretary Liza Lee on 0431 867 058 or leave a message on 5900 2921.



*New president Teena Burns cutting the Club's special birthday cake.*



**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 \$20. Island Celebration Centre Hall for hire. Ph 5900 2921 or 0431 867058 for more information.

**Phillip Island Community & Learning Centre (PICAL)** recreational, educational and some welfare services to reflect local community needs. For further info call 59521131, www.pical.org.au or pop in at 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 first Wednesday of each month, 7.15pm start. New members are very welcome. To find out more details please contact Eden White edendwhite22@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

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

**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 & HRCVA** 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** Social Bowls 12pm for a 12.30pm start. Stick draw. New bowlers and visitors most welcome. April to September - Tuesday's and alternate Saturday's. October to March - Wednesday's. 1a Wynne Road San Remo, next to the Primary School. Ring 0493237913 for details.

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

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

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

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

**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)

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

**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

**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 Let's Play Poker whodunit

The police officer ushered the daughter and the younger son into the house, while Leroy stood on the brick path and smiled benignly at the victim's oldest child.

"Does your house have a fireplace, Jason?"

"As a matter of fact, it doesn't. But Jennifer's got one. And I think there's one in Gary's apartment."

"Is that why you chose a poker as the murder weapon? We can trace where you bought it, you know."

"What are you talking about?" Jason's voice rose in anger. "Are you accusing me of stabbing my father?"

"I am. How do you know he was stabbed?" Jason stopped and looked confused.

"The poker. You said he was killed with a poker."

"That's right. And if I told a dozen people that a man had been killed with a poker, I expect the full dozen would assume he'd been hit – bludgeoned, if you will. It's by far the easier, more common way to use the instrument. And yet, you somehow knew he'd been stabbed."

Jason shoulders sagged and after being arrested quickly confessed. The complicity of his siblings was still to be tested.

## PUZZLE SOLUTIONS



### ANSWERS TO TRIVA QUESTIONS

1. Africa
2. A skunk
3. a
4. Alaska and Hawaii
5. The face
6. Rome
7. Steffi Graf
8. Meat Loaf
9. Eight maids a-milking
10. Mark Dreyfus
11. The Irish Wolfhound
12. Switzerland

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

# SEPTEMBER GIG GUIDE

<b>FRIDAY 2ND</b> Farren Jones	<b>SATURDAY 3RD</b> Andrew Wishart	<b>SUNDAY 4TH</b> Gretta Ziller
<b>FRIDAY 9TH</b> Eric Collier	<b>SATURDAY 10TH</b> Eric Collier Trio	<b>SUNDAY 11TH</b> Richard Gillard
<b>FRIDAY 16TH</b> Corie Blackley	<b>SATURDAY 17TH</b> Chris Hoffman	<b>SUNDAY 18TH</b> Done n Dusted
<b>FRIDAY 23RD</b> Pocket Rocket	<b>SATURDAY 24TH</b> Steve Wade	<b>SUNDAY 25TH</b> Corie Blackley
<b>FRIDAY 30TH</b> Mark Howard	<b>OCTOBER 1ST</b> Andrew Wishart	<b>OCTOBER 2ND</b> Jade

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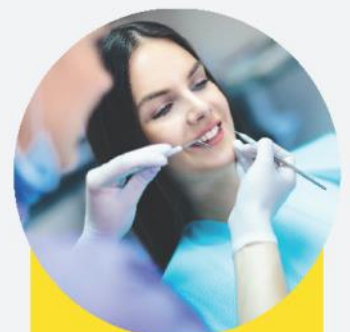
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