

# PHILLIP ISLAND VIBE

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NOVEMBER 2022

Phillip Island's little Penguins recently set their second record in five months, with 5440 birds waddling up the beach. More details about this exciting record on page 18. Congratulations to Wildlife Coast Cruises who recently won the Business of the Year, People's Choice Tourism and Environmental Sustainability awards at the recent Bass Coast Business Awards and to all those who were nominated and placed on the night.

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Upper primary students join the Middle School and start to engage with the specialist worlds of secondary school in both formal and informal ways. The program harnesses the potential of the beautiful 33 hectare site to create authentic learning experiences which support

students to build a sense of stewardship and sustainability practices.

A vertical House system creates a sense of pride and belonging as Grade 5 – Year 8 students meet daily in small groups to care for each other, craft learning strategies and use the experiences of the multiple age groups to inform positive decision-making.

A purpose-built Middle School creates opportunities to foster meaningful relationships between students and adults in order to develop a greater sense of community.

Head of Middle School Geoff White leads a team to craft a signature experience and identity for each year level whilst building a holistic culture of excitement and engagement.

His catch-cry of 'everyone is welcome in the Middle School' is plain to see as you walk through a moving sea of students and teachers chatting, answering queries, helping each other and crafting a dynamic hub filled with potential.

Supported by research on the developmental requirements of 10 – 14 year olds the Newhaven College Middle School provides young people with an educational and pastoral program that supports each of them in their growth in these important years and sets them up for future success.

**Newhaven College has limited places for Year 7 2023. Please contact our registrar Mrs Belinda Manning on 5956 7505 or discover more at [www.newhavencol.vic.edu.au](http://www.newhavencol.vic.edu.au)**

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## Surf news by Ed Amorim @prosurfcoaching\_

**Beginners surf lessons** A beginners Surf Lesson at Pro Surf Coaching is a special opportunity to make some one love surfing and to start their surf lifestyle in the best way possible.

**How it works** Our main focus has always been on safety and results, making our students feel confident and comfortable in the ocean and knowing safe procedures will increase their capacity to concentrate on the technique part of their training and the process of progressing faster and easier. That is why our students evolution is dynamic and permanent. "Making Surfers Better."

**Skating for surf** We start our lessons with skating for surf to increase the time standing up on the board, creating muscle memory and making easier correction on positioning and balance set up. For that we have created the five elements for starting (guide hand, balance hand, toes and heels compression and extension, eyes game and recovery position - up, up and down, down positions).

**Surf education** The attention with surf education is our priority as surf is a extreme sport and to be out there in the surf zone, getting in and out of the water, dividing the line up with different people who have particular experience plus equipment, surf knowledge and rules in your mind is not so easy. Imagine safety!! At this stage we don't talk about sea creatures, sun exposure and poor technique in the water. So let's start now before our adventure continues. We will cover all safety aspects of our sport. We have our own emergency plan with procedures, steps, localities, emergency calls and actions.

**Risks management** In case of an emergency dial 000 and tell them where are you, how many people are involved and explain the situation. We have a first aid kit in a bag on the beach with a basic set up to be used any at any time. A defibrillator is available at Island Surfshop at Smiths Beach.

### Principal procedures:

**Cuts:** clean and protect to stop bleeding

**Broken bones:** immobilise and provide assistance

**Sea creatures hazards:** provide first aid procedures case by case.

### Pay attention and it can save lives:

**Rips:** A rip is the water from the waves going back out to the ocean. A rip is not a monster, it will not pull you down or grab you but you need to know how to deal with it. A rip can help you get to the out side paddle quicker and easier but you need to know what you're doing.

**Action:** Never swim against a rip. That's the way most people give up and drown. Call for help first by putting your hand up, keep calm and never leave your board. Your wetsuit will also help keep you above the water. Swim side ways to the wave zone and it will bring you back to the beach. Save energy for when you need it.

**Rocks and reef:** they are sharp, hard and difficult to see.

**Action:** keep away when you can by maintaining eyes on land or

water marks, try to be gentle when in contact with slow movements and calmly walk away feeling the sea bed.

**Sand:** It's hard and unpredictable going from deep water to inside.

**Action:** Don't jump in head first. You don't know if there is a sand bank under water and harder to tell the deeper you are so fall in a banana shape on your back and wearing a wetsuit will smooth the impact. Don't jump with legs straight or locked joints. Try bending your knees and ankles to reduce the impact.

**Sun:** Is good for you but can be dangerous.

**Action:** Sunscreen is important, drink lots of water, limit time in the sun and seek shelter in the shade once you finish your surf.

**Others surfers:** Other surfers out there maybe don't have the same luck that our students do and may not have advanced knowledge about all the risks so they 're doing their best, but be aware to take action early and don't expect them to do the same.

**Action:** If you see someone come in your direction, move sideways and take your board with you and leave the track clear for other surfers. If a bunch of surfers come in your direction and you have no where to go, duck under the water and hold your breath for 10 seconds and come up slowly with your hands on top of your head. You are also not allowed to run over anyone either.

We try to cover all the aspects of safety so you just can just focus on having some fun and scoring a few waves.

**Fundamentals of paddle:** Right position on the board - not too far in front and not too far towards the back. Long paddle from the very front all the way to the back to optimise your energy, dig your arms in the water to give you more projection. Keep your legs together on top of the board to improve your speed, use your knee when you need to compensate your balance, rest in between the paddle transitions, try not to over paddle and keep it stable and look back to the wave just when your arm is passing to the back and try to avoid looking over your shoulder.

**Fundamentals of pop up:** Positioning in the right spot of the board, chicken wings with your arms sliding to under your lower ribs, on top of the board close to your body and the centre of the board is best. Never using the rails on the board will make your balance better, and not using your shoulder will be lots more difficult. Place your back foot flat on the back of your board, right on the pad between the fins which will give you more control. With your shoulders up, then you bump to create the right space in between you and the board and passing your front leg. This movement needs to be in harmony and with flow to keep the board smooth on the wave descents. Then looking to the front where you want to go, start to leave your hands from the board and progress your pop up slowly. When standing up try not to disconnect from your board and keep low to improve your balance. Enjoy the view and fresh air. Now it's time to enjoy your first waves and don't forget to relax your shoulders and have fun. Good luck and good surfing.





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

We get dozens of questions everyday in the shop and while a couple, "where are the fish" and "what's the weather doing" are ones no one can answer honestly. We are more than happy to help and spend time getting you set up and walk you through the basics of fishing. We mention it often to beginner fishermen, the best way to learn to fish is to go and fish. Try to stay away from the TV and You Tube until you have been out a few times so you can then understand the difference between reality and a show. Walk down to your local jetty, beach and simply observe what others are doing, how they are doing it and when they are fishing. Lower your expectations, this is why I say stay from the TV because it creates unreal expectation that you are going to catch a fish every time you go fishing. There is a place for the shows etc providing information but remember they are just that an entertainment show where you can pick up a few ideas once you have an idea what you are doing. It would be a statement we hear dozens of times a month, "I did exactly what they were doing on the show but had no success." If only it was that easy.

Head down to the local park or beach with your rod and a pocket full of sinkers, have dozens of casts with different weights, into the wind, with the wind until you understand how it all works. Practice tying your knots while sitting in the lounge watching tv and start with the basic knots working up to some of the more detailed ones. Grab yourself some leader, hooks of different types and sizes and head to the \$2 shop for some small zip lock bags and once you have mastered your knots, spend a few nights making up some rigs for your fishing season. This can apply to all ages and we have several of our very young fishermen that are more than skilled in knot tying. This is an area where You Tube is very helpful with many step-by-step instructions available. Then you get into other areas but don't try to be an expert in the first session as with life, practice makes perfect. Fishing doesn't need to be expensive either, you can be just as successful when starting with a \$60 setup as with a \$500 setup. The main difference is if it turns out

you don't like it fishing, it isn't automatically for everyone, then you haven't lost much with a \$60 setup.

A night we have coming up on the 9th of November is a perfect one if you want to get into fishing and meet others that can help you get started. There is one condition. Its' not for the male fishermen around. It's another one in the series of nights we have been running with the ladies from WIRF and is a ladies snapper night. It is open to all ages and levels of experience and is a fun night with giveaways and information. If you want to attend, just give us a call at the shop to book a place.

As for fishing over the last month, it hasn't really changed for the last few months with the weather playing the biggest part of being successful or not. We have seen some very good snapper, excellent bags of whiting and the calamari numbers and size have been worth chasing. The problem of course has been the inconsistency of reports due to the inconsistency of people to get out fishing. There have been plenty of fish reported to suggest getting a feed shouldn't be too much of a problem, it's just when you can get onto the water. One thing that has stood out from the reports we have had is don't just go on what you have done in the past, try everywhere. Many of the reports we have had already are just out of the normal and areas or fish you might be used to seeing in a couple of months' time.

### **PHILLIP ISLAND KOALA COLONY PASSES MEDICAL CHECK**

Phillip Island Nature Parks' rangers have conducted annual medical checks on their koala colony and given them a clean bill of health.

The Koala Conservation Reserve has 17 koalas, 11 females and 6 males, ranging in age from 18 months to 18 years.

Phillip Island Nature Parks Senior Ranger Daniel Kallstrom said check-ups are done yearly, but there are sometimes koalas that are uncatchable at the time. The rangers check weight and monitor muscle tone, head measurements, teeth, eyes and pouches.

"The medical checks are important as they allow us to keep an eye on the health of the koala population at the Koala Conservation Reserve," Mr Kallstrom said.

"The koalas are not sedated during the check-ups and the checks are done as quickly as possible. If any further medical attention is needed then the koalas are treated by veterinarian staff."

Mr Kallstrom said the koalas were in good shape.

"Weights are steady and body condition and teeth wear are what we would have expected for their ages. Most of our koalas have tested positive for Chlamydia. We only have four koalas that are Chlamydia free. One male and three females. The Chlamydia positive koalas are currently symptom-free."



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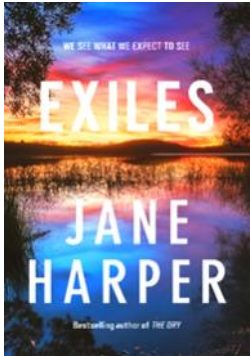
# Book Reviews

**By Turn The Page Bookstore,  
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**Exiles**

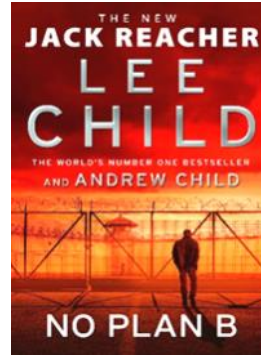
**By Jane Harper**

**Price: RRP \$32.99**

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registered customers)**

At a busy festival site on a warm spring night, a baby lies alone in her pram, her mother vanishing into the crowds. A year on, Kim Gillespie's absence casts a long shadow as her friends and loved ones gather deep in the heart of South Australian wine country to welcome a new addition to the family. Joining the celebrations is federal investigator Aaron Falk. But as he soaks up life in the lush valley, he begins to suspect this tight-knit group may be more fractured than it seems. Between Falk's closest friend, a missing mother, and a woman he's drawn to, dark questions linger as long-ago truths begin to emerge.

Jane Harper is author of the international bestsellers *The Dry*, *Force of Nature*, *The Lost Man* and *The Survivors*. Her books are published in forty territories worldwide, and *The Dry* has been adapted into a major motion picture starring Eric Bana. Jane has won numerous top awards including the Australian Book Industry Awards Book of the Year, the Australian Indie Awards Book of the Year, the CWA Gold Dagger Award for Best Crime Novel, and the British Book Awards Crime and Thriller Book of the Year. Jane worked as a print journalist for thirteen years both in Australia and the UK, and now lives in Melbourne with her husband, two children, and two cats.



**No Plan B**

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Gerrardsville, Colorado. One tragic event. Two witnesses. Two conflicting accounts. One witness sees a woman throw herself in front of a bus - clearly suicide. The other witness is Jack Reacher. And he sees what really happened - a man in grey hoodie and jeans, swift and silent as a shadow, pushed the victim to her death, before grabbing her bag and sauntering away.

Reacher follows the killer, not knowing that this was no random act of violence. It is part of something much bigger...a sinister, secret conspiracy, with powerful people on the take, enmeshed in an elaborate plot that leaves no room for error. If any step is compromised, the threat will have to be quickly and permanently removed.

But when the threat is Reacher, there is No Plan B....



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PHILLIP ISLAND AND DISTRICT  
HISTORICAL SOCIETY

**Messing Around in Cars**  
**By Pamela Rothfield**



As the traffic builds up all over the Island in the coming holiday period, with our visitors leaving the hustle and bustle of the city for a laid-back holiday on the Island, the story of the first automobile to set its wheels on Phillip Island is worthy of re-telling.

It took place in the first years of the new 20<sup>th</sup> century, when the motorcar was still a novel and expensive apparatus with ownership confined to the select, wealthy few. But there was a degree of push-back from the general public against these speedy horseless carriages.

This resistance was somewhat galvanised when Melbourne's first fatality from a motor vehicle accident occurred on Thursday 24<sup>th</sup> August 1905 with a car hitting a pedestrian near the intersection of Gertrude and Nicholson Streets Fitzroy. The driver of the vehicle, Macpherson Robertson, happened to be the founder of MacRobertson Confectionary, and an early adopter of automobiles, having purchased his first, a French Rochet, in 1902. The coroner's enquiry into the death of the pedestrian, Thomas Hall, found that he died from injuries received through having been knocked down by a motor car, and further found that Mr Hall had been under the influence of liquor, and thus no blame was attached to the driver of the vehicle.

In the early days, driving on Victorian roads was chaotic with cars competing with horses and coaches, often driving on the wrong side of the road with the added danger of speed. In a letter to the Frankston & Somerville Standard, David H. Robb, a resident of Phillip Island, claimed that the introduction of the motorcar was a "plague" because it had taken over absolute control of the streets.

It wasn't until 1910 following the arrival of the first Model T Ford a year earlier, that specific motorcar legislation was introduced. Members of Parliament struggled with the content of the Bill, and the final enacted legislation - the 1910 Motor Car Act - did not impose speed limits, but instead provided that those 'driving recklessly, negligently or at speed' shall be apprehended by traffic police waving stopwatches. Police were either on foot or bicycle. The Premier believed that it was easier to prove that a car was driven at a dangerous speed than to prove that it had been driven at a specific speed.

Because so few people could already drive automobiles when they were first sold in 1909, schools like the Melbourne School of Motoring were established to teach the necessary skills of driving. It was said that the farmers were the worst students because they expected a car to behave like a horse - to stay on a course when directed and avoiding obstacles on its own.

The locals on Phillip Island got to see their first motorcar in January 1909. The motorcar was brought to the Island by Edmund Edmonds Smith and his wife Jemima.

The Smiths lived in Heyington Road, Toorak and were frequent visitors to Phillip Island, where they owned the beautiful property 'Erehwon' located in Cowes on the corner of what we know today as the Esplanade and Steele Street.



Edmund Edmonds Smith was born in 1847 in Surrey, England - the second of seven sons of William Howard Smith, who was a master mariner and later a wealthy ship-owner.

Edmund arrived in Melbourne with his family in 1854 at the age of seven aboard his father's 186-ton schooner-rigged steamer, Express.

He attended Melbourne Grammar School and entered his father's firm. In the 1890s he was appointed chairman of his father's company. He was also president of the Victorian Employers' Union, the Australasian Steamship Owners' Federation in 1890 and the Federal Council of the Employers' Federation. After his retirement in 1904 he unsuccessfully attempted to enter politics.

Edmund Smith was very wealthy owning office-buildings



in both Bourke and Flinders Streets in Melbourne. During a trip to London, Smith purchased two motor vehicles, which he had shipped back to Australia in December 1908. It was in January 1909, during the busy summer holiday period, that Smith brought the first motor vehicle to Cowes, causing a bit of a sensation among the local community.

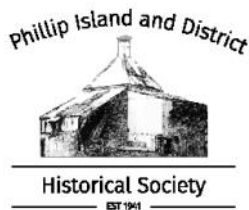
Given Smiths' position in the shipping industry, his wealth and being a part owner in the steamer Genista, the regular service that ferried passengers from Stony Point to the Island, he felt it appropriate to use the steamer to also transport his newly acquired motor vehicle across to Cowes.

According to newspaper reports, the transport of the 'monster' horseless carriage rendered the steamer out of service for the transit of passengers to the Island for five days – due to the smallness of the steamer, Genista, and the largeness of the motorcar.

The protests from tourists not able to get to the Island and the locals who had never seen a 'petrol monster' before, prompted Mr Smith to invite locals and their equine friends to come to the famous Isle of Wight Hotel and 'make a familiarising inspection' of the horseless carriage. This invitation proved to be very successful and a short time later it was reported that the motorcar was careering over what was described as 'level' roads of the Island without causing alarm or accident.

Smith died in 1914 at his seaside residence Erehwon at Cowes and was buried in St Kilda cemetery. His estate was valued for probate in Victoria at £252,771.

In 1928, almost 20 years after the Phillip Island locals got their first taste of the motor car, they witnessed the first Grand Prix event ever held in Australia - on Phillip Island. That's another story.



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<b>FRIDAY 11TH</b> No Promises	<b>SATURDAY 12TH</b> Tennyson King	<b>SUNDAY 13TH</b> Aaron Chaston
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<b>FRIDAY 25TH</b> The Times	<b>SATURDAY 26TH</b> Steve Wade	<b>SUNDAY 27TH</b> The Corz

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## DOLLARS AND SENSE BY DAVID WELLS

### Switch off the Noise!

I read an interview with Shane Oliver, Chief Economist of AMP Capital just the other day and he was advocating “Turn down the Noise”. The noise he is referring to is the commentary about rising interest rates and rising inflation; it was about the economy, about shares and also about property. Those who read this column regularly would know that this is a theme with which I totally agree. At any stage through life we should be taking a longer term view of investing and looking at where we intend to be at some stage, a few years at least, into the future and it’s that long term plan that we need to stick with.

What we see in the papers and on TV and social media at times seems incredibly short term and is almost designed to engender panic among readers and views. After all bad news sells more advertising than good news.

If we have a long term view then this short term “noise” only serves to distract us from what we need to be doing.

Yes, the short term outlook is uncertain. Inflation is a concern as it sees our wealth dissipate (it’s actually great for Government debt) and its effects globally won’t see Australia protected. We have a war in Ukraine that has seen commodity prices skyrocket in some cases and we still have a Chinese policy of zero covid which impinges on supply chains for all industries and countries. All these events are being reported in the most sensational ways but are they really long term threats?

The simple answer is that no-one should let these divert them from their long term plan. Ignore all this superfluous noise and concentrate on what is important.

Taking inflation first, much of the inflationary pressure in Australia is imported and many of the causes of that should abate over the next few months, almost certainly by the start of the second quarter next year, less than six months away. For instance, the demand for energy that has seen oil, gas and coal prices really jump incredibly

higher will start to abate as the northern winter ease through March April 2023. Semi-conductor manufacturing is increasing and shortages of new cars and appliances among other things will also start to ease.

As we saw with \$12 lettuces, food inflation is also short lived as floods and fire pass and a new growing season commences. In Australia at least we can grow food all year round.

This inflationary pressure is feeding into much higher interest rates. The Reserve has available is the very, very blunt hammer of official interest rates. While we have inflation rising we will have interest rates rising and the purpose of this is to blunt demand and therefore blunt production and blunt spending to ensure that prices (inflation) falls. There will be pain for some people indeed but in time things do return to normal – or they have every time in the past when these things have been happening.

One problem is that there is a real lag between a rate increase and seeing its results and it’s this reason that the RBA has slowed the rate of increase in interest rates. It’s not over yet, though, but if inflation does start to ease in the new year the requirement to keep rates rising disappears and as inflation falls we can see rates falling as well, just a little later though.

The RBA expects property prices to fall more than 12% over the next two years (it could be worse) and we have already seen the share market fall significantly since interest rates started to rise. Particularly falls have been worse for businesses that don’t yet make profits and are using debt and capital to grow their business toward profitability. Great businesses that will be better in the future have been hammered so much that they present a real opportunity to profit in the future. That’s the reason why Warren Buffet says these sorts of times are golden opportunities. Which they are. Some shares and some properties have gone up as well, but do you see these reported with the same amount of volume. No I haven’t seen it either.

Things do recover – they always have and always will. We can’t pick the precise date and that’s only obvious by looking backward. We do need to avoid the noise and concentrate on reality. While

for each of you that will be something different the one constant is that recovery will happen. If you have a long term plan don’t let this noise divert you from that plan. Invest in a great set of noise cancelling headphones and set your sights on your future. In the scheme of things a year is really a very short time indeed. Turn down the volume switch and stick to your path. It’s the best way to get to your destination.

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Authorised by Jeni Jobe 14 Panorama Dv, San Remo VIC 3925



# DESTINATION PHILLIP ISLAND

## Cruise ships return to Phillip Island

This Summer will mark another significant milestone in the recovery of the tourism economy. Fourteen ship calls are scheduled, including five maiden visits to our anchorage. Tenders will arrive at Rhyll Jetty where passengers will join tour and shuttle services.

Thursday, 1 December 2022 Seabourn Odyssey  
Sunday, 4 December 2022 Westerdam  
Wednesday, 7 December 2022 Seabourn Odyssey  
Thursday, 15 December 2022 Grand Princess  
Tuesday, 3 January 2023 Seabourn Odyssey  
Sunday, 8 January 2023 Seabourn Odyssey  
Tuesday, 10 January 2023 Regatta  
Tuesday, 24 January 2023 Star Breeze  
Saturday, 4 February 2023 Seabourn Odyssey  
Thursday, 9 February 2023 Seabourn Odyssey  
Sunday, 12 February 2023 Viking Neptune  
Thursday, 9 March 2023 Seabourn Sojourn  
Friday, 17 March 2023 Seabourn Sojourn  
Wednesday, 22 March 2023 Grand Princess

### Volunteering and/or Tour Guide Opportunities

It takes a community to support and welcome ship visits. We are taking expressions of interest from locals who may be interested in being a tour guide or volunteers on ship call days.

To share local knowledge and host tours.

Please email [info@visitphillipisland.com.au](mailto:info@visitphillipisland.com.au) with your details and we will be in touch.



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**Pork & Fennel Pasta with Basil**



**WHAT YOU NEED:**

- |                              |                            |
|------------------------------|----------------------------|
| 1 cup onion, chopped         | 1 kg Pork & Fennel Sausage |
| 1 cup carrots, chopped       | 2 tins Tomatoes            |
| 1 cup celery, chopped        | Splash of Balsamic Vinegar |
| 1 packet Penne Pasta, cooked | 4 cloves Garlic, crushed   |
| Parmesan Cheese              |                            |
| 1 bunch Basil                |                            |

**WHAT TO DO:**

Remove the skin from sausage, break up and add to a large pan and fry and until brown. Add the onion, carrots, celery, stalks of the basil and garlic and cook until veg is tender. Add the tomatoes & balsamic vinegar to the pan and simmer for 60 minutes. Remove from the heat and add parmesan and basil leaves then mix in the pasta and serve.



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**Here in Bass, our Plan includes:**

- ✔ \$10 million for new Vietnam Veterans Museum Stage 1
- ✔ Build the Phillip Island Community Hospital
- ✔ \$42 million to build an aquatic centre in Cowes
- ✔ \$350,000 to build Phillip Island Football and Netball Club Social Rooms

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Find out more





## Phillip Island Camera Club supports local fundraising group

Recently the Phillip Island World Vision Club held a flower and photographic exhibition and competition.

Members of the public along with members of the Phillip Island Camera Club (PICC) were invited to submit their photographs, resulting in 73 entries. A number of the photos were sold and feedback from visitors was very positive. Altogether, the Phillip Island World Vision Club raised \$2800 from entry, commissions and donations. A fantastic effort to help support four children in Cambodia, Rwanda, Indonesia and Bangladesh; an aboriginal community in the Northern Territory and more recently women and children fleeing the fighting in Ukraine. President of the PI World Vision Club, Lynne Kharnda and the committee would like to thank all who supported the fundraising efforts.



Tony Andrews (left) a member of both the Phillip Island World Vision Club and the camera club, who helped organise the flower and photo show, pictured with Graeme Lawry (right) pictured with his personal copy of *Misty Morning*, the image that won the People's Choice Award.

Photographs were judged by Paul Lucas and his wife Maureen. The results were as follows:

1st – Eastern Spinebill by Jenny Skewes

2nd – Morning on the Murchison by Rhonda Buitenhuis

3rd – The Thinker by James Millward (who also got a Highly Commended for SS Speke Shipwreck)

Highly Commended – Red Poppy by Colleen Johnson

Encouragement Award – What Chocolate by Alan Lacey

The People's Choice Award was for 'Misty Morning' by Graeme Lawry. Graeme took the image with a Canon 400D, using a Sigma 70-300A149mm lens. ISO was set at 100 and aperture was f/8. The image was taken at Port Welshpool as Graeme was boarding a Wilson's Prom cruise on the Casey Lee. It was a misty morning (as the name of the image suggests) with very calm water.

Graeme says he really liked the look of the yacht against the mist. The low visibility isolated the boat and created a calm and almost eerie atmosphere. The calm water also enabled the lovely reflection to be captured in the image. The yellow buoy adds a stark colour contrast which was emphasised during processing. Graeme feels he was lucky to have been in the right spot at the right time to capture this stunning image. 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.

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

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

Brianna is starting a support group for people to catch up, share information and support each other. It'll be a friendly space, where food is provided, and participants can learn about various topics of concern and make new friends.

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

It'll be cost-free, for anyone over 18 years old.

Now is your chance to have your say in how you would like the group to look. Brianna can be contacted on 0447 033 967.

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## Phillip Island Business Network

### Business of the month

#### Squeegee Clean

More than just window cleaning...

Squeegee Clean is a local start-up business, created by Lachlan Moore & Daniel Smith that is developing by the day. Lach & Dan use their combined experience in business and the creative industry to service Bass Coast and South Gippsland, helping people transform their properties, or make great places amazing.

Squeegee Clean was primarily a window cleaning venture when it began back in 2020, since then it has evolved into a robust and respected local business. They now offer: gutter clearing using an industrial vacuum & pole system; mineral-free water fed pole window cleaning; solar panel cleaning; plus pressure and surface cleaning.

Using their state of the art and pretty cool kit, they are able to perform works across all their services up to 3 stories with feet on the ground, in most situations.

All that aside, what their clients say, pretty much sums up the Squeegee experience.

*"The most thorough window clean I've ever experienced. If you are on the fence about getting your house windows clean then honestly, it's the most luxurious middle-aged gift you can give yourself. Forget day spas, you'll be feeling a million bucks with windows this clean."*

- Jessica -

*"Lach and Dan did an outstanding job cleaning our many, many windows, fly screens, tracks, glass balustrades and gutters. The whole house doesn't just look brighter it feels cleaner and healthier. Game-changing for anyone who suffers from asthma."*

- Jemma -

For more information visit their website - [www.squeegeeclean.com.au](http://www.squeegeeclean.com.au) call them on 1800 778 334 or check out their Instagram account for loads of inspiring cleanliness @squeegeecleandetailing.

### Phillip Island Business Network

- Tradespeople
- Professional Services
- Restaurants
- Accommodation
- Attractions



Find professional, local businesses listed in the Phillip Island Business Directory:  
[www.pibn.com.au/directory](http://www.pibn.com.au/directory)

 <https://www.facebook.com/phillipislandbusinessnetwork>



## Healthy and Healing with Pip

### Have you heard of "radical rest"?

I was reading "Witch - unleashed. untamed. unapologetic" by Lisa Lister and she used the term "radical rest" to refer to the time of menstruation for women.

Deep Resting is what we are actually MEANT to do at that time in our cycle.

"The ancients had their very own built-into-their-bodies method of radical rest. Yep, back in the day when bleeding with each moon wasn't considered a curse, our menstrual bleed was a time to dream. We feel guilty for not keeping up with men, so we keep working and never resting. It's why so many women suffer from pain during their bleed, because they're not resting, they're no longer open to receive their SHE-led wisdom." p 193-194.

This was a DEEP-AHA for me ... do you feel it too? It has never made sense to me to keep going and going like we do in this culture. And since 99% of my clients are women, I see them struggle with this too. We are always running from place to place, event to event, obligation to obligation, wondering why we feel resentful, frustrated, angry, and exhausted.

Now it makes sense huh?

Women's bodies have cycles, like the seasons and the moon. We are not like men in this very unique way. Our feminine power is our intuition, creativity, and deep connection skills. Women actually need to have specific periods of rest (see what I did there?).

So, I'd like to encourage you to bring some "radical rest" into your life. Even if you don't stop completely, at least slow down at that time of the month. And if you don't have a period anymore, you might like to do what Lisa Lister suggests and align your activities, rituals and focus to the cycles of the moon.

For example: The new moon is a time of setting intentions and opening to possibility, so there is more energy flowing and you will be more likely to want to be active. The full moon, however, is a time of releasing and letting go, so you can use this time to do your 'radical rest' practices – like yoga, meditation, napping, reading, massage, etc.

So, to help you with this important shift, I have just introduced The 'Me-Time Space' – a new service by popular demand! When you book in a 'Me-Time' session you'll get 30 minutes alone on my massage table, in my studio in Cape Woolamai (Phillip Island) to rest, dream, and just BE.

If your day is filled with noise, deadlines, stress, pressure, chaos, rushing, or just too many crazy people, this is perfect for you!

You'll walk away feeling centred, clear-headed, grounded, blissed out, calm, sane and ready to re-join the world.

What are the main benefits? I hear you ask:

- \* The space is relaxation-ready.
- \* The essential oil diffuser will be on and crystals available to hold.
- \* I will intuitively choose an oil for your session.
- \* There is a comfy blanket and plushy pillow.
- \* The music will be calming and soothing (or you can choose silence).
- \* It's a dedicated quiet zone
- \* Not trying to find the space in family home, which isn't always conducive to relaxation - that's awesome!

And the best part is ... you don't have to feel guilty because it's only 30 minutes and you'll be better when you interact with everyone in your life.

Me-Time single sessions, 5-packs and 10-packs are available. Send me an email to [pipcoleman@yahoo.com.au](mailto:pipcoleman@yahoo.com.au) to ask questions or just go to my website: [www.pipcoleman.com](http://www.pipcoleman.com) to book your session in my calendar today.

Of course, you can also book in Reiki Energy Healing, Bowen Therapy Body Alignment, and Divine Alignment Coaching to assist with your "radical rest".

I'm always happy to speak to you about your particular needs.

Blessings ,Pip





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

### UNITED IN CRIME

*No family is perfect. We argue, we fight, we even stop talking to each other at times, but in the end, especially when it comes to suspicion of murder, family is family, the love will always be there.*  
‘Anonymous’

Inspector Jack Flint enjoyed an occasional breakfast with his mate Leroy Cunningworth, Phillip Island’s brilliant resident amateur sleuth, at the Cowes Coffee Shop. What he didn’t enjoy were the homicide calls that so often came right in the middle of the meal. He was just finishing his Belgian waffle with fruit when this morning’s call took him to Sleaze & Son Insurance, located on a lonely stretch of Ventnor Road. As usual, the brilliant sleuth tagged along.



A uniformed officer met them in the parking lot.

“The victim is Gary Lovett,” the officer told them. “A Sleaze & Son employee. That’s Neal Gleason and his sister, Patty Lovett. She’s the victim’s widow.”

He was pointing to an anxious-looking duo, both in their late twenties.

“Mr. Gleason discovered the body at about 8:30am”

Neal Gleason stepped forward. His statement sounded rehearsed. “When I pulled into the parking lot, I saw Gary’s car. Gary is often here early, though he’s always gone before noon. If Gary wasn’t Patty’s husband, Dad would’ve fired him long ago. The front door was open. Right inside the door I saw him, like that.”

Inspector Flint examined the body in the doorway. The man’s head was a bloody mess, and it took the Inspector a while to realize that the rifle now bagged as evidence had been used as a blunt instrument, its wooden stock having been slammed into his head like a baseball bat. The body was cold and rigor mortis had already come and gone.

“That’s my husband’s rifle,” volunteered the widow.

“He kept it here at the office. Last night at home, Gary got this phone call. He said he had to go the office and that I should just go to bed. I thought he might be going to see another woman. This morning when I woke up, he was still gone. So I went to find him. I must have arrived here just a minute after my brother did.”

“I think we should probably call Dad,” Neal said.

That call wouldn’t be necessary, for at that exact moment, George Gleason was pulling into the parking lot. The burly insurance broker eased himself out of his Bentley and wordlessly took in the scene, the body, the bagged rifle, and his two children.

Patty ran up to him. “Someone murdered Gary,” she moaned. “The police suspect us, Neal and me.”

Gleason hugged his daughter, exchanged glances with his son,

then turned to face Inspector Flint. “I killed him,” he said softly and simply. “I met him here last night and shot him, right in the head. My kids had nothing to do with it.”

As the uniform took Gleason’s statement, the Inspector stepped off to the side with Leroy. “You don’t have to tell me,” Flint whispered. “I picked up on the clue, too.”

“Perhaps, old man,” Leroy said with his usual infuriatingly satisfied smile. “But did you pick up on the right clue?”

#### WHO KILLED GARY LOVETT?

#### WHAT CLUE POINTS TO THE KILLER?

Vibe Readers should turn to page 22 for the solution.

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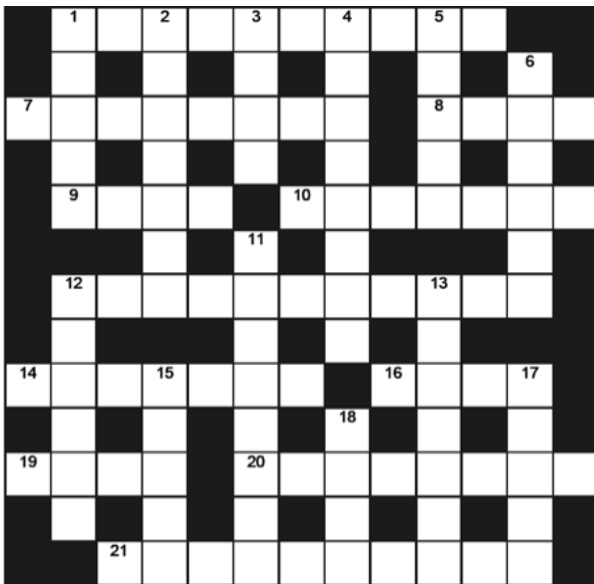
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# Brain Food

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



## Vibe Quick Crossword

- | Across                      | Down                     |
|-----------------------------|--------------------------|
| 1 Gave up (10)              | 1 Found on the beach (5) |
| 7 Machine components (8)    | 2 Cautious (7)           |
| 8 Young female (4)          | 3 Hotels (4)             |
| 9 Existence (4)             | 4 Fragile (8)            |
| 10 Consents to receive (7)  | 5 Bird of prey (5)       |
| 12 Supports (11)            | 6 Savages (6)            |
| 14 Leave (7)                | 11 Accompanied (8)       |
| 16 Pre-loved (4)            | 12 Monkey (6)            |
| 19 Nourishment (4)          | 13 Upset (7)             |
| 20 Statements of honour (8) | 15 Lowest point (5)      |
| 21 Wipes out (10)           | 17 Actions (5)           |
|                             | 18 Metal (4)             |

## TRIVIA QUIZ



1. What year did the Titanic sink in the Atlantic Ocean on 15 April, on its maiden voyage from Southampton?
2. Which now famous TV chef started

cooking at the age of eight in his parents' pub, 'The Cricketers', in Clavering, Essex? 3. What is the capital of Portugal? 4. What is the chemical symbol for silver? 5. What is the doll, Barbie's, full name? 6. Which is the only vowel not used as the first letter in a US State? 7. Who was the first female Prime Minister of Australia? 8. What are the five colours of the Olympic rings? 9. In tennis, what piece of fruit is found at the top of the men's Wimbledon trophy? 10. Who was the only British Prime Minister to be assassinated? 11. What is the most famous Mexican beer? 12. What was Britney Spears' first single called? ?

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

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

## RECORD BREAKING LITTLE PENGUINS DO IT AGAIN

Phillip Island's Little Penguins have set their second record in five months, with 5440 birds recently waddling up the beach.

The previous record of 5219 was set in May which until this new record was the highest number recorded since counts began at Summerland beach in 1968.

"We needed a day to check we were absolutely correct – but there's no doubt our Little Penguins have broken another record," said Paula Wasiak, Research Technical Officer at Phillip Island Nature Parks.

"We knew there were a lot of penguins, but no one expected this record-breaking show!"

The penguins chose the right night to set their new record, with more than 2000 visitors watching from the stands, and all other viewing experiences sold out.

"Since the last record was set, the number of penguins coming ashore has been consistently high," Ms Wasiak said.

"The numbers are a combination of penguins feeding very young chicks and an abundant food supply close to Phillip Island. At the Parade, we are at the peak of the guard stage of penguin breeding, when parents alternate coming into shore daily. The penguin chicks are a good weight, indicating that the food supply is healthy."

Penguins can eat a variety of fish, along with squid and jelly fish.

"Sardines and anchovies are the superfoods for penguins. When these two are around, penguins thrive, and that's what we are seeing now," said Ms Wasiak.

The 40,000 strong colony at Phillip Island is the largest in the world, thanks to excellent breeding conditions and the conservation efforts of Phillip Island Nature Parks.

# CRYPTO ISLAND



## THE DIGITISATION OF OUR LIVES

We live in a world of rapid change that impacts how we work and more importantly, how we live. Despite, the doom and gloom associated with inflation, interest rate rises, and the changes in regulations, technology is advancing in leaps and bounds.

Digitisation refers to the impact that computer technology is having, and one way of looking at this is to focus on the internet of things, and the internet of people.

### The Internet of Things and the Internet of People

The internet of things refers to the billions of physical devices that are connected to the internet. In this context devices can range from as small as a security camera, to something as large as an aeroplane or a cruise ship. These connections make the fabric of the world around us, smarter and more responsive. At home you may have security lights that are activated by the movement of animals and people. Your air-conditioner turns on and off based on the room temperature.

Perhaps the greatest advancements have been realised in the healthcare space where chronic conditions are monitored in real time. Other great advances are taking place in the building and construction industries. The automotive industry is making huge advances with driverless cars.

We are becoming part of a global ecosystem and the advances are not slowing down despite inflation, the fear of a recession, and the other negative issues that concern economists and investment managers.

The internet of people refers to the digitalisation of personal data and how that data is collected, processed, and shared between people. In the healthcare space we can see developments that promote better health and early intervention based on our personal risk factors. As an example, you can wear devices that constantly monitor your heartbeat, blood glucose and breathing patterns. The late Stephen Hawking is quoted as saying, 'We are all now connected by the internet, like neurons in a giant brain'.

### Megatrends that drive Digitisation

One of the most important components of our digital world is the semiconductor (also known as microchips). We have semiconductors in our pockets (smartphones) and our modern cars are crammed with semiconductors that increase the performance of the vehicle and enable features such as cruise control. Your television and your fridge may also have microchips.

Semiconductors allow us to control electricity. When electricity first became available to us, the only control we had over electricity was the on/off switch. Innovation is moving at a great pace, and today advances are being made in all of the following areas of technology:

- Electric vehicles
- Water sterilisation
- Blue UV lasers
- LED lighting
- Laser diodes that control car lighting
- Optical fibres
- Underwater communication

### Semiconductors now power our universe.

There is currently a worldwide shortage of semiconductors, and this is impacting companies such as Volkswagen who have had to reduce some of the features that they used to offer on some models. These features could include 'lane change monitoring' and 'crash detecting safety monitoring'. The main suppliers of semiconductors are based in Taiwan, South Korea, and China. These may only be short term issues, but geo-political tensions may result in a long-term shortage of semiconductors.

Corporations are at the forefront of the developments that impact how people interact with the new developments. Companies like Resmed provide solutions for people who have breathing difficulties. Resmed is a large US based company that is listed on the New York and Australian Stock exchanges.

Resmed (short for Respiratory Medicine) is a global leader in sleep technology that has its origins in Australia. The company aims to provide people enjoy healthier lives by promoting good sleep habits and creating awareness for sleep disorders such as sleep apnea. Resmed can trace its history back to 1986 when a company called Baxter Healthcare was formed, along with the Baxter Centre for Medical Research. In 1989 Resmed was formed to buy the sleep technology from Baxter. The head office is now based in the United States.

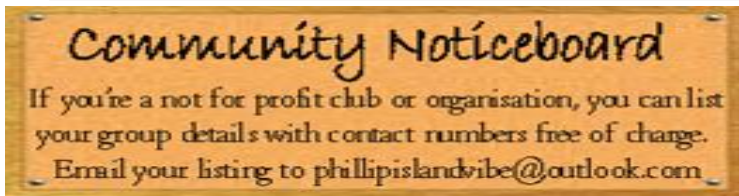
### What Is The Downside For People Who Are Left Behind?

There are groups of people all around the world in every nation (rich and poor) who are marginalised for reasons that they may not be able to control. Consider the issue of homelessness and the people involved. Despite the fact that we live in a country of significant wealth, we have a growing problem with homelessness in our capital cities and regional areas.

A recent story in the press quoted a homeless person as saying, 'Every day, you feel a little bit more invisible to society'. The challenge that we all face is to include everyone in the advances that are being made. This challenge needs to be shared between governments, the immediate care providers such as the Salvation Army, and all of us. Now is not the time for utopian dreams and new election promises.

**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



**Phillip Island Lions Club** - Trash and treasure market. Sat and Sun. 9.30 -12.30. Dunsmore rd. Cowes (next to transfer / recycling station). Volunteers welcome. Ph.59002896 f/b page: Phillip island lions

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

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

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

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

**Phillip Island Community & Learning Centre (PICAL)** recreational, educational and some welfare services to reflect local community needs. For further info call 59521131, www.pical.org.au or pop in at 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 to come and try Thursday and Friday mornings 10am-12pm. Please phone before coming to the club. Claire 0403 690237 or John 0409 858985. 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** 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.

## PHILLIP ISLAND SENIOR CITIZENS UPDATE

Ahhh November you're here already. Whoa. Melbourne Cup. Continued nicer weather. More reasons to head out and about and socialise with loved ones.

At the Phillip Island Senior Citizens Club we are just happy to have been able to have our lunches each month on a regular basis. And wow, we've had some great fun this year. We are very thankful to our regular local business supporters who show extreme generosity, providing us with monthly vouchers for our raffles on lunch days. Our members have enjoyed using the vouchers they won and it has increased our sales in raffles, with all that money going directly to the club to help pay our regular bills. A full list of all our supporters both long time and once off for Xmas and special occasions will be mentioned in both December 2022 and January 2023 Vibe editions, along with being written on our whiteboard at our Xmas lunch for both our members and special guests from those supporters alike to see. Along with local businesses we'd also like to thank Mecwacare for their continued support and free use of their bus when we need it.

We'd like to thank everyone who came to our garage sale on Melbourne cup weekend. You made our stall holders and our club very happy and it was great to see so many happy people enjoying a sausage sanga at our sausage sizzle. We'd also like to take this chance to thank our very helpful volunteers who tirelessly work on our lunch days and other days when needed too. So thank you to Dane Barker, Suzanne Anderson, Pauline Porter, Janine Wright, David Garret, Arthur Robertson, Jo Partridge, plus so many more. These beautiful people are not part of our committee but happily volunteer to help regardless. Without your help we could not operate and we are truly grateful.

Also to let everyone know our club is run by a committee who are all volunteers and happily help run the club with everyone's best interests at heart. These people are Teena Burns President, Allan Droscher and Heather McRae who are both our Vice Presidents (with Allan only recently stepping down from his duty of President of his own doing), Ian Burns our Treasurer, myself Liza Lee Secretary, and the rest of the committee who equally bring their best for the greater good of the club are Dominic Maestrale, Sandy Till, Marlene Droscher, Diane Baker, Beverley Robertson, Lorraine Hurst and Terri Moore. Everyone works hard to keep our club running for the people we feel are most important (and who we all are a part of), the Senior Citizens of Phillip Island. Don't forget we still have many things coming up. The ball-room dancers will be treading the boards. For more info call Jean Pierre on 0433 114373. We also have carpet bowlers who are always great fun. For more info call Dominic on 0419 831180. Don't forget the Greek Seniors with their dinners on the second Saturday of every month. For more info please call Angela on 0435 599288. Plus the train club who meet every Sunday arvo from 2pm - 4pm and is free to visit. They are also holding a major expo in January 2023 on the weekend of the 21st and 22nd January. Payment at the door and they take cash and eftpos.

We have our Xmas lunch on Friday 2nd December. Our last lunch for the year. Vouchers to win! Amazing food! You'd be silly to miss it. And having said this, bookings are essential so call our secretary Liza asap on 0431 867 058 to book your place.

Have a great November everyone and hope you had a win on the GGs in the Melbourne cup.

## PUZZLE SOLUTIONS



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

### SOLUTION TO UNITED IN CRIME WHODUNIT

"George Gleason didn't have a chance to ask any questions," Leroy explained confidently. "He saw the victim's bloody head and the rifle and assumed Lovett had been shot. But, of course, he hadn't been."

"And that indicates his innocence?"

"Absolutely. He's protecting his kids. That is what a united family is all about, some might say."

### ANSWERS TO TRIVA QUESTIONS

- 1912
- Jamie Oliver
- Lisbon
- Ag
- Barbara Millicent Roberts
- E
- Julia Gillard
- Blue, yellow, black, green and red
- Pineapple
- Spencer Perceval - May 1812
- Corona
- Baby One More Time

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Overseas model with optional equipment shown. LMCT7522

# VOLVO

## The new C40 Recharge has arrived.

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