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JULY 2023



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Health and Healing with Pip

Five ways to warm up this winter!

I have lived in the southern states of Victoria and Tasmania all my life and ... except for 10 years of intermittent overseas travel ... I confess ... I HATE WINTER!!

I don't like the rain.

I don't like the wind.

I don't like the frost.

I don't like the snow.

I don't like the people who say they "just LUUUUURRVEE winter"!

And I really don't like the people who travel to warmer climates and share their photos!!

I mean ... come ON mum and dad!! *grin* It's torture.

Now, you probably know that I'm a Life Coach and Divine-ologist, and so I am aware that saying or thinking this sort of thing is not in alignment with the highest version of self. Also, I know how powerful words are. The fact is that your words create your beliefs, beliefs create your actions and actions create your life. And since I spend my days helping people to reframe and refocus their lives, it's important that I lead by example.

So, when winter comes around ... again ... like it does every ... (damn) ... year ... I have some things that I will be doing to stay warm and bring the joy into this season.

1. Move your body – shake it, dance it, yoga-it, wiggle it, sexy-time it, jump it, walk it, tennis-it or run it. Get that skin suit of yours and MOVE IT ... fact is, movement creates heat. If you sit on the couch even if you are wrapped up in a blanket with a hottie (bottle or person) you will not get properly warm unless you move your body. Plus, bonus, you might lose some weight too!!

2. Sweat your body – jump into an infrared sauna. There's a few around Phillip Island. One at Island Healing Day Spa (Newhaven) and at Lasting Therapies (Sunset Strip) and at YMCA (Cowes). Infrared saunas heat you up from the skin into the organs. You'll feel like a toasted sandwich. Yum! And there are loads of other benefits too.

3. Massage your body – having a bodywork session (myotherapy, Bowen technique, remedial massage, osteopathy, physiotherapy or acupuncture) will encourage more heat. You'll also feel nurtured, soothed and all soft and squishy like one of those fluffy chia-pets.

4. Breathe your body – try some deep breathing. Experts suggest deep breathing sequences bring fire into the body and it also has a super side benefit of calming the parasympathetic nervous system – so you'll also feel less stressed, less anxious, less angry, less exhausted, and more chill.

5. Dunk your body – you know that I have been doing the cold water dunking since November 2022 (and yes I am now an addict). There is concrete evidence that proves 2-3 minutes of

cold-water immersion will help your body produce and regulate heat and you'll feel warmer overall.

This year, the truth is, I am looking forward to winter (2023) because I know there will be big shifts that will come from doing all these 5 things as a comprehensive self-care routine.

"Self-care is giving the world the best of you, instead of what's left of you." — Katie Reed

Let's make a pact to really take care of you this winter.

If you'd like to have a chat about your winter warm-up plans or get some personalized ideas, feel free to contact me via my website: www.pipcoleman.com

p.s. Full disclosure ... I have a trip to QLD booked for late August. What can I say? Sometimes you just gotta join 'em, right?!

p.p.s. Winter Warm-up offer: I've created a special Mind Body Spirit package for my tribe!!

It includes:

* MIND - an EFT Tapping coaching session to calm your worried, overthinking, frustrated, confused or stressed-out mind. (Note: EFT is a combination of psychology and energy work).

* BODY - a Bowen Therapy body alignment to address your niggly back, pain in your neck, sore knee, or aching shoulders. and

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What a great gift to give yourself this winter.

Pip Coleman

Australia's leading Divine-ologist, Author, Reiki Master Coach, Speaker, Intuitive Interviews, Bowen Therapist (ISBT), Advanced Angel Intuitive, Meditation & Psychic Development Teacher.

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



Ring a murder

Inspector Jack Flint of the Cowes Constabulary had been at the crime scene for over an hour when he finally heard the roar of the antique Bentley pulling up to the small suburban house.

"It's about time," he yelled out the open front door. As Leroy Cunningworth walked up the front path, he couldn't make out what Flint was saying, but the growl in the Inspector's voice told him he'd been expected.

"Sorry," said Leroy in his best Australian-English accent. "I was in the middle of a nap when the feeling woke me up. What do we have here, a murder?" Flint nodded toward a pool of blood near the rear corner of the living room.

"Rosie Black. Elderly widow. Body's already been removed. She was hit over the head with a marble statuette. From the missing money and jewellery, we're thinking a robbery."

"My aunt was too trusting," volunteered a young, attractive woman, the only civilian in the room. "She'd let in any salesman or bum off the street. I told her a million times."

"This is Billie Black, the victim's niece," said Flint. "She and a neighbour discovered the body."

Nan Black sighed. "Every Thursday I come and drive Aunt Delia around. I'm her only close relative, so it's up to me to be her chauffeur. I called from my cell phone just as I was pulling up, around 2pm. Her answering machine picked up, but that wasn't unusual. Auntie often screened her calls. Mr Jones, the next-door neighbour, had just come outside to water his flowers. Auntie didn't answer my knock. The door was unlocked and ... Well, as soon as I saw her, I guess I screamed. Mr. Jones came in and checked for a pulse while I dialled the Police."

"Have you finished dusting for prints?" said Inspector Flint to no one in particular. A forensics officer popped his head in from the kitchen. "Yeah, living room's done. No prints on the statuette, the water glass, the drawer knobs, answering machine and jewellery case. There were dozens, maybe hundreds of other prints in the room. Looks like she didn't dust too often."

Flint crossed to the answering machine and pressed the blinking

red button. "Aunt Rosie." It was Billie Black's voice. "I'm pulling up in front. I hope you're ready to go. I only have three hours today." A mechanical voice set the time at 1:57 p.m.

Leroy had wandered to the table by the front door and picked up a notepad. "Prescriptions. Doctor 2:30. Lawyer 3:30," he read aloud, then stopped and inspected the remaining surface of the table.

"Were there other papers here?" "Good guess," said Flint. "Yes, we found a receipt for a magazine subscription company and a leaflet from the Bushfire Foundation. I sent some officers around the neighbourhood..."

The Inspector was interrupted by the return of one of those officers. "Inspector Flint?" He had in tow a short man hugging a large, cheap briefcase. "This is Pete Pingle. He was canvassing the area for Alpha Subscription Service."

"Good job, officer." Flint beamed and eased a hand onto Pete Pingle's shoulder.

"Did you sell the owner of this house some magazines today?"

"Yeah," said Pingle, looking more than a little nervous. "She bought 12 subscriptions. Paid in cash. Terrific old lady. Afterwards, I finished this block and then went to a bar on Chapel Street to celebrate."

"I found him in the bar," the officer said. "He was celebrating, all right."

Even Leroy could smell the alcohol. "What time were you here, Mr. Pingle?"

"The salesman thought for a second. "Maybe one. Maybe later. I don't have a watch, so it's hard to say."

Flint cleared his throat. "Mr. Pingle, that terrific old lady was robbed and murdered."

"Murdered? Oh, no."

This time the interruption came from a young, thin man with pimply skin and a clipboard, a college student from the look of him. He was standing in the doorway, in the company of another officer.

"I picked this guy up three blocks over," the officer told his Inspector. "He was just getting into his car."

Flint gave the new arrival a cold smile. "Are you from the Bushfire Foundation? Did you knock on this door today?"

"Yes," the young man gulped. "The old lady signed my petition." He checked his clipboard. "Rosie Black. She also made a contribution - a generous contribution. In cash. I wanted to write a receipt but she said it wasn't necessary."

"I see," Flint said. "A frail, old lady opening her door to anyone and flashing lots of money. I'm surprised she lasted this long. What time were you here, Mr..."

"Asbury, Chuck Asbury. I canvassed this block after lunch. Sometime around one."

"I see." Flint turned and grabbed Leroy by the elbow, pulling him away. "Well, they obviously weren't here at the same time. The earlier guy is in the clear, of course, but which one was earlier?"

Leroy just smiled one of those smiles that made Flint want to commit his own murder, right then and there.

Well Vibe readers-

Who killed Rosie Black?

What clue pointed Leroy to the Killer? Any clue rings a bell!

Go to page 22 for Leroy's solution.

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PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

The SS Alvina By Pamela Rothfield

For those fortunate enough to have visited Phillip Island in the 1930s, memories of the luxurious steamer The S.S. Alvina departing Stony Point with passengers on board will forever conjure up romantic images of opulence and luxury.

The S.S. Alvina was built at Southampton in 1887 and was 151 ft long and very narrow. She came to Australia in 1903. Before she serviced the Phillip Island to Stony Point run in 1928 (for which jetties at both Cowes and Stony Point were altered to provide her convenient berthing), she served for twenty years as a pilot boat in the rip of Port Phillip Bay and carried all manner of cargo, including motor cars. Rhyll locals Len McFee and Jimmy Clarke alternated at various times in captaining this beautiful craft.



The S.S. Alvina

The Alvina was widely reported to have been the private yacht of the incredibly beautiful socialite and actress, Lillie Langtry, to whom she had been given as a gift from Albert Edward, Prince of Wales, later King Edward VII, formerly named The White Ladye.

The White Ladye was described as being a sumptuous yacht fitted in mahogany, rose coloured silk, white and gold enamel with electric fittings throughout. Ms.

Langtry's suite contained a magnificent swing bed and a marble bath. Lillie Langtree, possibly not a familiar name to today's audiences, was a British socialite and actress. It was in 1881 at her debut on a West End stage in London that caused a sensation – as it was the first time a socialite had taken to the stage.



Lillie Langtry

She was born Emilie Charlotte Le Breton, in 1853, at St. Heliers Jersey and had six brothers – and was always known as Lillie. Her father was a Reverend and the Dean of Jersey and her mother was acknowledged as a stunning beauty.

At the age of 20, Lillie married 26-year-old Edward Langtry, a wealthy Irishman in St. Heliers and after the marriage ended, moved to London entering London society.

It was in London that Lillie attracted the attention of the upper echelons of the British aristocracy after being the muse for a number of artists. She was the mistress of the Prince of Wales from 1877 until 1880.

Whilst I am tempted not to let truth get in the way of a good story, the Historical Society is committed to factual story telling – therefore we feel compelled to report the following:

The S.S. Alvina was built in 1887; she was two masted and 151 ft long and 186 tons – whereas the White Ladye, although strikingly similar to the Alvina, was built in 1891 and 204 ft long and 312 tons with three masts. There is also no evidence whatsoever that the Prince of Wales gave the vessel to Lillie – as the records reveal that James Williamson (later to become Lord Ashton and one of the wealthiest men in the world) was the first owner of the White Ladye in 1891 (when the yacht was name Ladye Mabel). However, the following year, 1892, James Williamson (Lord Ashton) was elected Liberal MP for Lancaster and Ms Langtry became the registered owner of the vessel, changing the name to the White Ladye.

The White Ladye was sold at auction in 1897 and was thereafter used for private luxury cruising until about 1915. Her undignified end came in 1935 in France,

when according to Lloyd's Yacht Register, she was broken up having been operating for twenty years as a fishing trawler, renamed La Champagne .

The S.S. Alvina gave wonderful service to the Phillip Island community for 20 years, until 1938 when she was sold to a pleasure cruising company in Melbourne – she left Rhyll on 9 November 1938. A month later the yacht was raided by police in Port Phillip Bay with the owners being charged with illegal gaming offences being carried out on board the vessel.

In October the following year, 1939 she was back at Rhyll awaiting auction which took place at the Isle of Wight in Cowes.

In March 1951 the S.S. Alvina was wrecked after she ran aground at Stanley in Tasmania. She was stranded on the beach for six weeks but was eventually refloated on a high tide on 29 April 1951. She ended her days as a broken hulk at Beauty Point Tasmania in 1961.

A model of The S.S. Alvina which operated as a pilot vessel for many years guiding ships through the Heads, can be found in the Queenscliff Local History Museum.

There is not a shadow of doubt that the S.S. Alvina and The White Ladye were two beautiful – but distinctly different vessels.



The White Ladye

CRYPTO ISLAND



NEW DEVELOPMENTS IN ARTIFICIAL INTELLIGENCE

The latest development in artificial intelligence is known as 'Generative AI'.

The word 'generative' means that a machine can generate its own computer code and have complex conversations, otherwise known as machine learning technology. Underlying this technology are massive banks of data, photos and sentences scraped from the internet.

Questions need to be asked about the underlying material on which Artificial Intelligence relies. The machines assume that anything they find is basically true. The data on which Artificial Intelligence is based is made up of trillions of pieces of data. Generative AI takes the data and draws conclusions without the involvement of human intellect. Many of the insights are novel, but we have no verification that the data being used is valid.

Artificial Intelligence is being used every day to power social media algorithms, search engines and image recognition programs. It is being used by commercial organisations. In some countries, it is used by governments to control their populations and look at the movements of visitors.

Large companies are racing each other to build even smarter machines with little oversight. This is an industry that has little regulation because governments have failed to keep up with the pace of development.

What happens if AI gains the ability to reason better than humans?

The chair of the Australian Securities & Investments Commission, Joe Longo, warns that generative AI has the potential to create new and different risks and issues. He went on to say that ASIC will do all that it can to avoid negative disruption, learned market abuse, misinformation, discrimination, and bias – whether intended or unintended. Mr Longo noted that there is currently no real consensus on how to regulate AI.

One of the key points made by Mr Longo was framed as a question: "If you cannot explain how a particular system works, how can you justify using it?" He wants all users of AI to justify their use. Mr Longo wants users to be able to provide an explanation for their specific decisions.

Investors have created a bubble in AI by pushing up prices around the world. Despite this bubble, the technology itself is profound and very real. The organisations that create the greatest impact in the future will have a scaled and differentiated data set. This is arguably the area where would be investors should focus their research. The key question is, 'What is the unique data set they are providing?'

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 SENIOR CITIZENS MONTHLY UPDATE

Hope you're all managing to keep warm. How quick has winter hit us? Brrrr. Stay close to the heater and rug up before you go out.



Our recent fashion show was a huge success with our club making a great profit helping to pay for some bills. We thank our models on the day Natalie Moore, Pauline Porter and Gwyneth Carvell who all did a fabulous job showing off the garments available to buy. And speaking of fashion shows..... darlings..... **MARK DOWN THIS DATE - FRIDAY 13TH OCTOBER.....10am AT 6 LIONS COURT COWES for the SUMMER COLLECTION.** Followed by morning tea and as before..... **FREE ENTRY AND FREE MORNING TEA.**

I would like to thank the following businesses and people for their support with donations of vouchers and prizes for our raffles at upcoming lunches. San Remo Butcher, Jeni Jobe, Sue Jacobi, Bizarre Pizza Cafe, G'day Tiger, Pika Sushi, Helen Krashow, BWS, Kmart, Island Pies, H-Bomb Barbershop and Priceline.

Also don't forget we have ballroom dancing on Monday nights. If you're interested in joining please call Jean Pierre on 0433 114373. We also have carpet bowls a couple days a week. For details call Dominic on 0419 831180. And the model train club is always open on a Sunday afternoon and free to visit from 2pm at the back of the hall from the carpark off Watchorn Road Cowes. If anyone is interested in joining us for lunch, it is \$20 for a 3 course roast meal. Every month we also have great raffle prizes very kindly donated by local businesses that you can win. Raffle tickets are 2 tickets for \$1. You can also get free bread and/or rolls on the day kindly donated by Woollies and Coles. Most months we have entertainment or speakers or shopping opportunities too. Our yearly membership is only \$15. It's a great place to meet new friends or bring your current friends along for a great time too. We have a byo licence so you can have an alcoholic drink with your lunch as long as you bring your own drink and glass (wine) to drink from. All you need to do is book by calling me, Liza at least 1 week before lunch on 0431 867 058. Our lunches are on the 1st Friday of each month. Bookings are essential for catering requirements.



DOLLARS AND SENSE BY DAVID WELLS

Term Deposits Are Not The Answer

I was reminded of how some people view the current interest rate and inflation situation recently when I was asked whether I thought it would be better to take a lump sum out of their super and put it in term deposits “for safety”. This brings back memories of other occasions when people lacked confidence in investment at the time – think Covid Pandemic, think GFC, think Dotcom crash and that’s only the last 22 years. The national and global economy go through these situations from time to time, not regularly (we could plan for that) but often enough to be aware of it. But unless funds are needed within the next six months or a year, there is only one way, realistically for an investor to make the best of it and that’s to grit teeth and use the opportunity to improve the portfolio. If we have any superannuation at all, we are most likely already invested in the share market. Self-Managed Funds invested in single properties may be the only exception. I don’t know of any major superannuation funds that hold term deposits as an investment. Superannuation is investing for the long term, not short term and the best benefits are from time in the markets – it’s impossible to time the markets correctly.

Term deposits are a form of saving where you can lock up funds for varying lengths of time and (usually) get a better interest rate than for an “at call” deposit. As I write the best rate I can find for less than \$2 million for a Term Deposit is 5% for one year. Up to one year or beyond that and the rates reduce by steps down to 4%. That’s a lot better than eighteen months ago when the rate was 0.45%. However, think of this – Inflation is currently 6.2% and unless the term deposit is in a pension fund any interest is taxable at marginal tax rates. Effectively saving through Term Deposits is a guaranteed way to go backwards financially regardless of the performance of other investment sectors. It’s a bit safer than cash in a shoe box under the bed, but growing wealth is NEVER an outcome of using them. In times of uncertainty then, what is the best thing to do? Invest, don’t save is the word. To quote Warren Buffet, arguably the world’s most successful investor as he would have you

believe, “Be greedy when others are fearful, and when others are greedy, be very fearful”. They are great words and so true, yet the average person in the street does exactly the opposite.

At present it’s expected that inflation will peak either later this year or early next year and that interest rates will follow inflation – steady for a while and then falling. If that’s the case then

any concerns are really for the short term, definitely not for ever. Experienced investors know that in times of uncertainty the best thing to do is invest in quality assets because they also know that these times are always short lived. Now, when the immediate future may appear clouded, people are selling good investments and switching to cash. In reality they should be looking for opportunities to do exactly the opposite. Even in these times, the Shaw SMA Australian Equity Large Cap Growth has returned more than 19% this financial year at the time of writing. More conservative but diversified portfolios have returned in the order of 13.21%.

There are many investment opportunities available now. In the share market there are many businesses that will continue to pay dividends of 7% or 8% gross even while their share price may go up and down. There are other businesses that will continue to grow regardless of the market. The same with property – not all properties have fallen in value as interest rates increase and we all know that rents have increased regardless of the property value. While the share market has returned greater than property since Adam first bought an apple orchard, the same rules apply. Bad times pass, quality keeps on going.

So what do you do? First check your investment options. Conservative will be less volatile but as things recover it won’t grow your wealth at all. High Growth already has been affected but will be slower to recover. Growth unless you need cash flow is a good thing – this will lead the market (shares or property) up whenever it starts and none of us know exactly when that will be. A balanced approach is likely to be a reasonable choice – not too cautious but not too aggressive.

Major superannuation funds and experienced share brokers all know how to handle these times and even experienced financial planners will have seen it third hand. Take proper advice from people who have “been here, done this” in the past and be prepared to see this as an opportunity to be much better off when it passes. Having all your money in term deposits will almost certainly mean that you will miss the first twenty percent or more of the recovery when it happens – and it will happen. Obviously if you need cash within six-twelve months then certainty is important and term deposits may work for you.

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How are Bitcoin and Crypto different?

Bitcoin is revolutionary. Crypto is not.

Bitcoin is the most decentralised, secure and censorship resistant blockchain - by far. It's had zero downtime in 10 years and has never been hacked.

"There's Bitcoin and then there is everything else" – Tom Farley, former President of the New York Stock Exchange.

Invented by the anonymous software coder Satoshi Nakamoto in 2008, Bitcoin continues to knock out digital blocks of financial transactions every ten minutes, adding them to its history chain of blocks, called the blockchain.

It performs this function with nodes and miners using a consensus mechanism called proof-of-work. Nodes are the brains; a global network of computers running Bitcoin software. They validate financial transactions.

Miners are the brawn; they bundle these transactions into blocks and then compete with each other using prodigious amounts of energy, ie proof-of-work, to win a math competition. The winner adds the new block and earns a reward of 6.25 bitcoins, about \$280,000 Australian dollars. Competition is fierce and profit margins are often razor thin. Success relies on accessing the lowest cost electricity and the cheapest, highest quality mining rigs. It's a jungle out there and only the strongest survive.

There are currently over 20,000 Cryptos. All came after Bitcoin. Some are copies of Bitcoin with minor tweaks, like Elon Musk's favourite speculation, Dogecoin, the first "dog coin", a joke. Some are stablecoins, like Tether. But disturbingly, many are "pump-and-dump" scams funded by wealthy individuals or venture capitalists aimed at fleecing unwary investors.

"Bitcoin is the innovation, all other Cryptocurrencies are speculations" - Michael Saylor, technology entrepreneur and Chairman of Microstrategy Ltd.



Bitcoin's market capitalisation of \$850 billion dwarfs its nearest proof-of-work competitor Dogecoin at just \$14 billion.

And while Ethereum is Bitcoin's nearest rival in terms of its market capitalisation of \$350 billion, its recent move to a proof-of-stake consensus mechanism has stripped it of its most valuable quality, its decentralisation.

Instead of miners Ethereum uses validators. To participate they "stake" a minimum of 32 ethereum tokens, currently worth about \$90,000 so only the wealthy, mainly corporations, need apply. In return, validators earn income for every transaction they verify. Little energy is expended. No competition takes place to ensure fairness. No razor thin margins. Stakers simply sit back and watch the money roll in. The more tokens staked the higher the probability the algorithm will chose them to validate the next block. Hence the rich get richer, just like our current fiat financial system.

Founder Vitalik Buterin retains a firm grip on the roadmap. And in teaming up with the World Economic Forum, Ethereum may be poised to become a Central Bank Digital Currency (CBDC).

How's that for centralisation?

Only recently have the differences between Bitcoin and Cryptos become increasingly clear to US government regulators.

There is now general agreement that Bitcoin is unique. It has no corporation, no headquarters and no leader. It is public infrastructure that is owned by no one but accessible by everyone. It's a commodity, like gold, oil or corn; an asset without an issuer.

Most Cryptos on the other hand, including Ethereum, are securities, like stocks; issued by centralised corporations or foundations and run by leaders with the primary aim of financial gain.

Watch the fireworks as regulators start to rein in those Cryptos that have been unlawfully operating as unregistered securities in the wild west of Crypto-land.



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Let's get cooking

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Slow Cooked Beef with Island Dark Beer



WHAT YOU NEED:

- 1 kg Brisket or Chuck Steak
- 3 teaspoons Vegetable Oil
- Salt and Pepper to taste
- 1 Onion sliced
- 1 chopped Carrot
- 1 Celery stick chopped
- 4 chopped Garlic cloves
- 2 cans Island Dark Beer
- Chopped Fresh Rosemary and Thyme

WHAT TO DO:

In large pot or dutch oven, heat 3 tablespoons of Vegetable Oil. Season beef with salt and pepper and sear in a pot on all sides, then transfer to a plate. Add to slow cooker and add the onion, carrots, celery and 2 cloves minced garlic and cook for 3 minutes. Add 2 cans Island Dark Beer, 1/2 cup water, a few sprigs each of Rosemary and Thyme, salt and pepper to taste and return beef to cooker. Cover and simmer on low for 4 to 6 hours.



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- **DOLPHIN & WHALE CRUISE**



Phillip Island Camera Club - Capturing the charms of historic Churchill Island


It was a cold winter's day in the middle of June when several brave members of the Phillip Island Camera Club met at the Information Centre at Churchill Island. Spurred on by the promise of rain becoming showers during the morning, the friendly staff suggested we come inside and make the most of the warm fire burning in the café. As it continued to rain, we settled into the café warmth with our flat whites, cappuccinos, pastries and delicious Devonshire Teas. A little later, spotting a few patches of blue sky out of the café window, we quickly grabbed our camera gear, warm jackets and headed out.

As local Phillip Islanders we had visited this little island a number of times before. We knew what we would see – beautiful coastal vistas, wetlands and ancient Moonah trees if we followed the paths around the 57-hectare island, or the areas used for farming since the 1870s when Samuel Amess purchased the island for both farming and holiday use. Perhaps we would revisit and photograph the historic gardens, substantial restored homestead and outbuildings or capture the daily activities that take place such as blacksmithing, cow milking, sheep shearing, working dogs or whip cracking. Without a doubt, we knew we'd encounter farm animals and local wildlife.



Russell Broadbent MP
Federal Member for Monash

RAISING REGIONAL VOICES

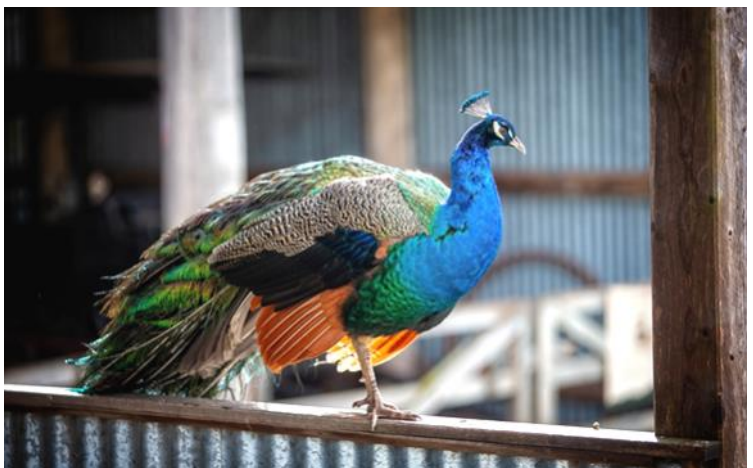


P: (03) 5623 2064
@russellbroadbentmp
46C Albert St Warragul VIC 3820
E: russell.broadbent.mp@aph.gov.au

Authorised by Russell Broadbent MP, Liberal Party of Australia, 46C Albert Street, Warragul, VIC, 3820



Gary recommends photographing animals at their eye level to provide a connection with the animal.



Consider the lighting and surroundings when photographing birds and animals.

So, as a photographer, knowing your location and subject is vital. If possible, build up your understanding of the site. You also need to pay attention to the light and how it changes throughout the day. Note potential subjects and behavioural patterns that you see. Think about the best place to position yourself in relation to the subject. You need to try to visualise potential images by looking at backgrounds and foregrounds and note the direction of the light. Consider how you can come away with stand-out images.

One of the PICC members who attended the excursion, Gary Parnell, headed to the heritage farm and homestead. His tips for photographing the interior of the home are to use window light because it gives softer, more natural light and use a tripod if you need to use a long exposure. For the interior of the homestead Gary used his Canon R5 and Canon 16mm F2.8 lens.

His tips for animal photography are shoot at their eye level, as it makes for a more interesting image and provides a personal connection with the animal (rather than looking down at the animal). Also consider how you can best capture the surroundings

to provide environmental context. Gary used his Canon 1DX with a 70-200mm lens for the horse and peacock. We hope you too, will be inspired to visit and capture the charms and natural beauty of historic little Churchill Island.

All images are copyright of the photographer (Gary Parnell). To see more of Gary's photography, go to

<https://www.instagram.com/garyparnellphotography/>

<https://www.youtube.com/c/GaryParnellPhotography/featured>

For more information on Phillip Island Camera Club Inc phone Jenny on 0408 355 130.



PICC member Gary Parnell used the light from the window to provide a soft lighting effect when photographing the living room interior at the Churchill Island Homestead.

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Motoring Guide

Winter tyre safety

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

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

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

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

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

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

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

Visit your local tyre dealer for a tyre safety check.

Winter driving tips

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

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

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

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

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

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Aerial thermal imaging technology to help save entangled seals

A landmark study hopes to save more Australian fur seals from entanglements by using thermal imaging technology on aerial drones to detect injured animals. In what is believed to be a world first, the study, led by Monash University PhD student Adam Yaney-Keller and Phillip Island Nature Parks, is testing the ability of thermal imaging technology on drones to find entangled seals at Seal Rocks, off the coast of Phillip Island. Seal Rocks is home to the country's largest colony of Australian fur seals, with an estimated 19,000 seals and around 25% of the species population.

"We believe the practice of using aerial thermal imaging to identify entangled seals is a world first, and may be another tool to help save more Australian fur seals from serious injury or death," Mr Yaney-Keller said.

"Wildlife entanglement in marine debris and plastic pollutants is a global conservation issue, which can cause starvation, infection, strangulation and can be fatal for seals. But we really don't know the true scale of the problem or the long-term effects it may have on individuals and populations."

On trips to Seal Rocks this year, Nature Parks teams have already detected three entangled seals, compared to last year when 16 were detected. On average, half of those seen are released. Of those spotted in 2022, fishing equipment accounted for almost 70% of entanglements at Seal Rocks, with the majority involving recreational fishing line and hooks. Seals were also found trapped in hats, spearfishing rubber bands and plastic bags. Drone surveys of the colony are currently done every two months using standard colour imaging and uploaded into the Nature Park's SealSpotter website, where citizen scientists can count seals and find entanglements.

But these colour imaging surveys likely under-detect hard to see entanglements, like those from transparent fishing lines that can look similar to rolls of skin of a healthy seal.

"Unlike coloured and bulky fishing nets, recreational fishing line entanglements are the most difficult to see, despite being the most common

entanglement material, so we are likely under-reporting the issue. The injuries to seals can be extremely severe and cut deep into the neck over time as seals grow," Mr Yaney-Keller said.

He said thermal imaging, which detects and displays surface temperature variations using infrared radiation, could help detect wounds and infections on entangled seals that may not be visible in colour photos alone.

Seal Rocks is an important breeding ground for Australian fur seals, and marine debris poses a significant threat to pups and juveniles, which can accidentally become entangled in marine debris due to their playful, curious behaviour.

"The seals are an indicator of the problem of plastic for all marine life. They live on land and at sea, so are an excellent research species for studying this issue compared to animals that are always at sea" Mr Yaney-Keller said.

"This project will help develop techniques to alleviate animal suffering and improve the welfare of seals, as well as revealing information about the long-term effects entanglements may have on the health and behaviour of individual seals."

The project has been funded by Monash University, Phillip Island Nature Parks, WIRES, the Australian Wildlife Society, and Ecological Society of Australia through the Holsworth Wildlife Research Endowment.

The study also plans to track the behaviour of entangled seals once released to provide information of how they recover and develop after the stressful event, as well as whether their foraging and diving abilities may have been impacted.

The team will also monitor seal travel once released to determine marine plastic pollution 'hot spots', including where seal movements overlap with fishing activity and areas of plastic accumulation in Bass Strait.

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Book Reviews

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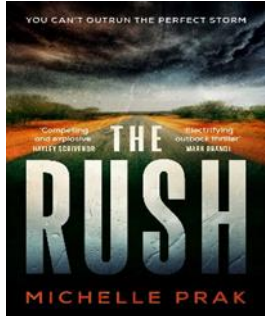
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'Prepare to be terrified! A real rollercoaster of a debut.' Nicci French, author of *The Favour*.

SOME THREATS ARE CLOSER THAN THEY APPEAR.

The first drops start to fall when Quinn spies the body. With no reception and nothing but an empty road for miles, does she stop to help or keep driving to safety? Back at the iconic country pub where Quinn works, Andrea is sandbagging the place in preparation for heavy rains. Alone with her sleeping son in the back room, she reluctantly lets a biker in to wait out the storm.

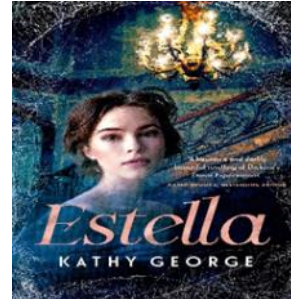
Out on the wet roads, tensions arise among four backpackers on their way to Darwin. They haven't prepared for this kind of weather and the flooding isn't the only threat on the horizon.

Chilling, tense and twisted, this compulsive thriller will send adrenaline coursing through your veins.

'An electrifying outback thriller that's unlike anything I've read.' Mark Brandi, author of *Wimmera*.

'This has to be the most terrifying book I've read in years! Michelle is a very assured writer, and her characters are so believable. I genuinely cared whether they lived or died, which is what made the book so deliciously tense.' Shelley Burr, author of *Wake*.

What a rollercoaster ride! A cracking debut you won't be able to put down.' Kelli Hawkins, author of *Other People's Houses*.



ESTELLA

BY KATHY GEORGE

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At just three years of age, Estella is taken from her mother, adopted by the wealthy but eccentric Miss Havisham and taught how to break men's hearts. Satis House is dark and oppressive and life with the vengeful Miss Havisham a confusion of contradictory lessons, but the kindness of the household cook and Estella's love of the nearby marshes bring her some joy. Forced to play with Pip, a local boy from a lowly background, Estella captivates his soul and breaks his heart, exactly as Miss Havisham has planned. Years later, Estella returns from school in France as a young woman and is thrust into London society. There she meets Pip again, who has acquired an unknown benefactor and come into money. Miss Havisham recruits Pip to help find Estella a husband, much to her distress. She seems forever fated to be the plaything of others, locked into the destructive cycles her adoptive mother set in motion. Estella is beautiful, headstrong, enigmatic - but who is she, really? Will she ever be able to break free from the constraints of society's expectations and her own childhood? Will Estella finally find a way to tell her own story?

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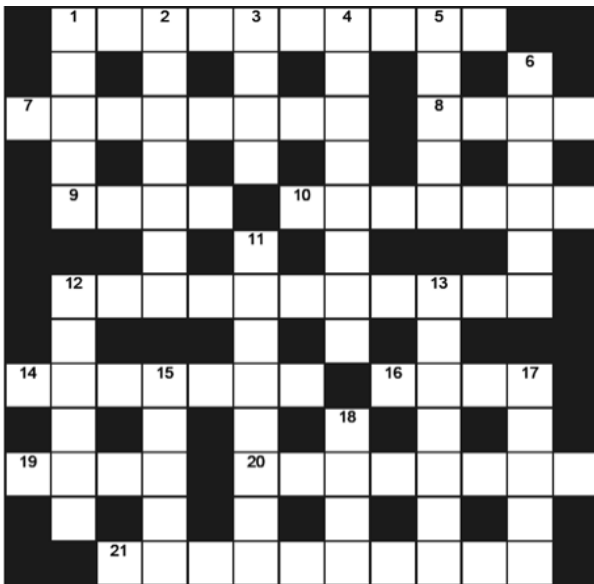
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Brain Food

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& Quiz on page 22 (No peeking!)



Vibe Quick Crossword

Across

- 1 Immunised (10)
7 Uneducated (8)
8 Infant (4)
9 A way out (4)
10 Fame (7)
12 Put at risk (11)
14 Very old fashioned (7)
16 Region (4)
19 Bag (4)
20 Corridors (8)
21 Transgresses (10)

Down

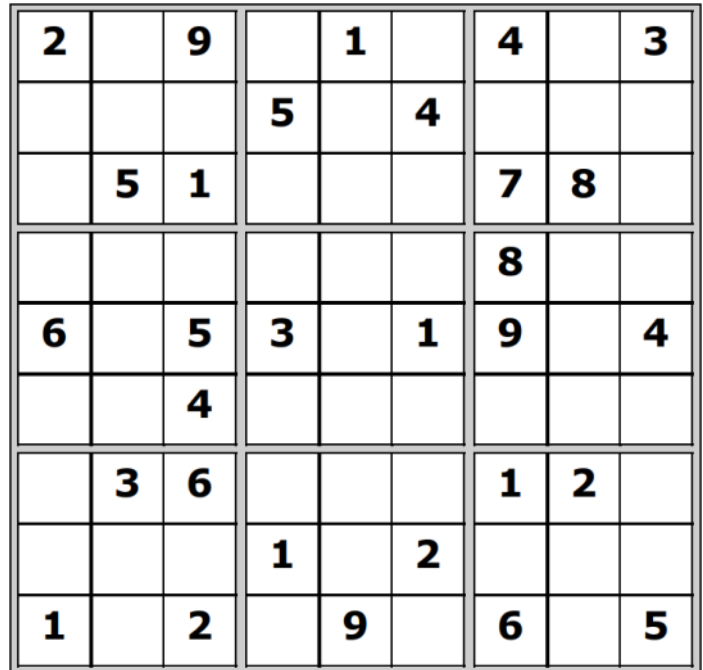
- 1 Unclear (5)
2 Spanish sausage (7)
3 A Muslim leader (4)
4 Skill (8)
5 Glowing coal (5)
6 Overseas (6)
11 Exiles (8)
12 A type of wood (6)
13 Lounges around (7)
15 Bushwalker (5)
17 Cavern (5)
18 Tiny insect (4)

TRIVIA QUIZ



- In which country was the 2022 winter Olympics held?
- What is the capital of Scotland?
- What does a funambulist walk on?

- What geometric shape is generally used for stop signs?
- What is the only mammals that can't jump?
- In the harbor of which city was the Greenpeace flagship Rainbow Warrior sunk in 1985?
- Kimchi is a popular side dish from where?
- What is Oology the study of?
- When was the Tamagotchi digital pet released?
- How many balls are on a pool table at the start of a game?
- What do you call a cocktail consisting of coconut milk, rum, and pineapple?
- How many seasons did the 'Oprah Winfrey Show' run for?



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



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

Winter is normally more about planning than doing and this one is no different, but more because the weather has been absolute rubbish. But it's winter I hear you say and what should we expect? Fair question and maybe it's more about the timing of the weather than the weather itself.

Lately, if you want to fish, have a day off on the weekend and work weekends because the weather has impeccable timing and once the weekend rolls around so does the wind or rain. With all the financial pressures around at the moment I am finding customers are wanting value for their money in regard to just getting out and having a fish. I am getting more phone calls than ever from those traveling to get here to see if it's worth spending the fuel, obviously a question impossible to answer and with the weather as inconsistent as it is, more than likely the forecast gives them the reason to stay home. Sadly for many, while the government is hell bent on sending us all into a downward spiral, things won't be getting better anytime soon.

If there was one lesson learned through Covid though it was don't just sit at home and think too much about what could happen. This situation is no different, it is hard because the financial pressures everyone is feeling happened to coincide with winter where everyone has the sads anyway. Regardless of the time of the year, weather or anything else, fishing is one of those things you can do on a relatively small budget, out in the fresh air and as a family unit. All the ingredients needed to take your mind of the world for a few hours.

While fishing in the boat is the preference for many, the weather can dictate when you can and can't so why not just re-rig for the land, grab the family, pack a lunch, a thermos full of coffee always goes down well on a cold day, and a jump off the couch into the car and go fishing. If you are coming this way there are so many spots to try your luck from the land and being an island so many spots to get out of the weather.

There are the open beaches for the north winds, Ventnor for the south winds, Rhyll and Cleeland Bight for the westerly's and if its east why not head to the rivers, Powlett or Bass. All of these areas will produce different types of fish and need slightly different methods of fishing but can be accessed and fished by people of all abilities.

Don't decide on where you are going until you are almost ready to go then pick a spot that will give you the best

protection out of the conditions. to just get out the house into the fresh air for the day you probably have all the gear you need already but if not you don't need to spend a fortune. Take the reel off your snapper rod buy a longer one and that will take care of most land based areas. Your whiting rod will be more than adequate for the rivers or back beaches and you have probably even got some old bait in the freezer that will do for the day. So probably the only real excuse is you.

The San Remo Traders Association is again this year running their festival in September and there are lots of changes while many things will be the same.

I am again heavily involved and there just seems to be more things added daily. The biggest change is the name, now known as "Tidal" it is also a 3-day event this year. It kicks off Friday night with the Gala Seafood Dinner and entertainment, tickets now on sale.

Saturday is a program full of things to do and see, there is a bigger and more interactive kids area, a separate marquee for cooking and filleting demonstrations, fishing clinics, the blessing of the fleet registrations are now open, the national deckie races are open to everyone and with a \$1,000 prize money will be hotly contested, the large marquee will be full of seafood options, wine tasting and information then the Sunday will start with a clean up San Remo followed by an afternoon of music with bands on the stage in the marquee all afternoon and plenty of food options to keep the hunger away. Another change you will notice is a fence around the whole event and an entry charge.

The entry fee will be family friendly and the association will return a share of the profits from the entry and the event back to the community for improvements and conservation of the foreshore area.

For more information or bookings

www.tidalseafoodfest.com.au/ or look up Tidal on Facebook.

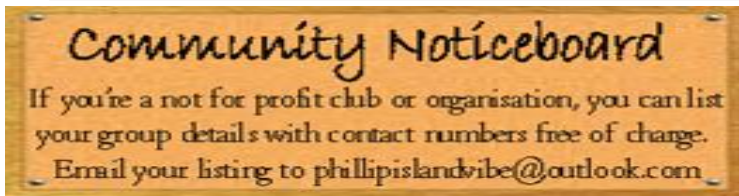


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Phillip Island Lions Club Trash and Treasure market. Sat & Sun 9.30-12.30. Dunsmore Rd, Cowes (next to transfer/recycling depot). Volunteers welcome. Text only 0433 191 654 f/b Phillip Island Lions.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Phillip Island TOWN Club Weight Loss Group Thurs 9-11.00am, Ryhill Hall. Joining fee \$60, weekly fee \$6. Nutritional eating, weigh in and group therapy. New members welcome. Contact Vincent Vale on 0414 709066

Phillip Island Croquet Club New members welcome to come and try Thursday and Friday mornings 10am-12pm. Please phone before coming to the club. Secretary 0493 614265 John 0409 858985. Blue Gum Reserve, Dunsmore Rd, Cowes.

National Vietnam Veterans Museum needs volunteers 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. 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

Cowes Branch Country Women's Association (CWA) 1st Thursday of the month February-November. currently meeting at Rotary Shed-Dunsmore Rd 1pm Ph Penny 0437 042 084 Cowes CWA Shop Thompson Ave Cowes Tues-Sat 10-2 cwaofviccowes@gmail.com

Country Women's Association Victoria Inc. Phillip Island Twilight Branch 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

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

Phillip Island View Club builds friendships and connections for local women. Raises funds to support 5 children through the Smith Family. Meets on the 4th Monday of the month at 11.00am at The San Remo Hotel, San Remo. New members welcome! call Chris Sproson on 0406 469 824

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

Phillip Island Library, Myli Libraries is closed temporarily for the redevelopment of the Cowes Cultural Centre. Our Click and Collect and returns location is Phillip Island Community and Learning Centre 16 Warley Ave, Cowes. Library items may be returned outside the office at PICAL 24 hrs and pick-up of holds is available on the following days, Tues- Thurs 9.30-2pm.

San Remo Library, Myli Libraries is open at 92 Back Beach Road, San Remo. Opening hours are Mon- Fri 9.30-5.30pm and Sat 9.30-1pm. Please ring 5644 3320

Friends of the Library Call Celia 59521901.

Bass Coast Toastmasters Meetings in San Remo. Contact Patricia Jamieson 0412339795 basscoasttoastmasters@gmail.com

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

Phillip Island Patchworkers Inc. 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).

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

Rotary Club of Phillip Island 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

The Probus Club of Cowes-3rd Monday of each month at 10:00 a.m. at The Phillip Island Senior Citizens Hall Cowes. For enquiries call Sue on 0438 304 082 or email probuscowes2@gmail.com

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

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

Phillip Island Auto Racing Club want to get close to the motor racing action at the MotoGP circuit? Then join us a a volunteer marshal! All training provided; New members most welcome - please email: info@piarc.com.au

Phillip Island Community Meal operates on Mondays during school terms, 5.30 to 6.30pm. Volunteers prepare and serve a healthy two course meal to attendees. All welcome. Uniting Church Hall, Cnr Chapel St & Warley Ave, Cowes. Facebook @cowescommunitymeal

The Artists' Society of Phillip Island, ASPI, is for a wide range of artistic expression from the field of Visual arts through to writers and poets. There is a program of regular activities including Textile Arts, Portraits, Life Drawing, Appraise & Connect, Come & Create, and the Ibis Writers group. Workshops held throughout the year. New members are very welcome. For further information contact aspicommittee@gmail.com or Miranda 0400 927 076.

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. \$37 (including a two course lunch). Bookings or enquiries to John Buttrose: jbuttrose54@gmail.com

Narcotics Anonymous meets weekly Sundays 5-6pm, St Phillips Anglican Church, 102 Thompson Ave, Cowes. New members welcome. For more information contact 03 9525 2833 or na.org.au

The Phillip Island Medical and Health Action Group (PIMHAG) advocates for improved medical and health services for Phillip Island and San Remo. PIMHAG welcomes new members. Please contact Secretary linda@marston.com.au or 0428 344 726.

Woolshed Spinners meet each 2nd & 4th Thursday of the month at PICAL, Cowes, 10 am to 2 pm to spin wool and other yarn activities. Contact Robyn Holman 0429 700 492.

Phillip Island Health Hub Auxiliary 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

Ibis Writers is a group of local writers who meet once a month to support and encourage one another, share writing opportunities and offer each other feedback on work in progress. All writers, beginners or experienced, poetry, fiction or non-fiction, are welcome to join. Contact Lorrie Read 0425 858 067 or Ian Robinson 0407 240 024 for more information, meeting dates, etc

Rotary Op Shop, Cowes Run and staffed by Volunteers from all walks of life, including Rotary Club members, our Op Shop is a wonderful, fun place to volunteer, help the community & meet new people! New volunteers always welcome, please call Rotary Op Shop Coordinator, Diane for more info: 0417 577 082

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

Ventnor Coast Care Association Inc is a volunteer group, working to conserve, enhance and maintain the Ventnor coastal foreshore between Anchorage Rd and Devon Ave. We meet monthly at 9.30am, for a 2 hour working bee, from February to November, followed by a cuppa. We welcome new members! Please contact Cathie or Trish at: ventnorcoastcare@gmail.com.'

The Newhaven Residents Group Association Inc. We are a not for profit organisation advocate for communication and residents concerns. Phone 0413 623 052.

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

SOLUTION TO RING A MURDER

"I hate it when you smile like that," Flint snarled. "Okay, who was it?"

"It was the niece, Billie Black."

"What?" Flint scrunched up his face. "And the motive?"

"I don't know," Phillip Island's ace sleuth admitted. "She was the victim's closest relation. Perhaps she inherited. The old lady was going to visit her lawyer. Perhaps she intended to change her will. Have your men check it out."

"Okay. Forget motive. How did she do it?"

"Billie dropped by earlier, sometime after both door-to-door men had left. Perhaps 1:45. That's when she killed her aunt. She made it look like a robbery, then drove off and returned a few minutes later, making sure she had a neighbour around this time to witness her discovery of the body."

"That's pure conjecture," Flint said under his breath.

"Not really," Leroy said, as irritatingly cool as ever.

"There were no prints on the answering machine." "So? The killer wiped the machine."

"Why?"

"Because?" Flint had to think. "Because the killer's prints were on the machine."

"Why?"

"Because the killer erased a message?" Flint guessed.

"Exactly. None of the other suspects knew the victim's phone number. If your electronics wizards can do some magic on that machine, they'll find an earlier message from Billie, very similar to the one that's on there now."

"But with an earlier time stamp. Maybe 1:45."

"Exactly."

Flint smiled wryly. His mate was seldom wrong.

Phillip Island and District



Historical Society
EST 1941

Join us!

We protect, promote and share local history.

Annual Membership \$30

e: history@waterfront.net.au

Phillip Island & District Historical Society

PUZZLE SOLUTIONS



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

ANSWERS TO TRIVA QUESTIONS

1. Beijing
2. Edinburgh
3. A tight rope
4. Octagon
5. Elephant
6. Auckland
7. Korea
8. Eggs
9. 1996
10. 16
11. Pina Colada
12. 25

PHILLIP ISLAND & BASS COAST WHALE DISCOVERY TRAIL



DOWNLOAD THE
WHALE DISCOVERY
TRAIL MAP



BASS COAST WHALE DISCOVERY TRAIL TOP SPOTS



Explore the **WHALE DISCOVERY TRAIL'S** iconic bays, headlands and beaches as you search for whales from spectacular coastal viewing points.



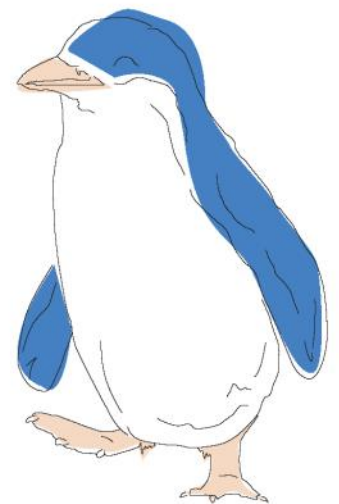
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NO stamp duty NO council rates NO hidden fees



Our sales suite and customisation hub are opening and ***we are celebrating!***



Date

Tuesday 18th July
6:00pm - 8:00pm

Where

Corner of Justice
and Settlement Road



Call 1300 50 55 60 or walk-in to our Lifestyle Lounge at 60 Thompson Ave, Cowes

