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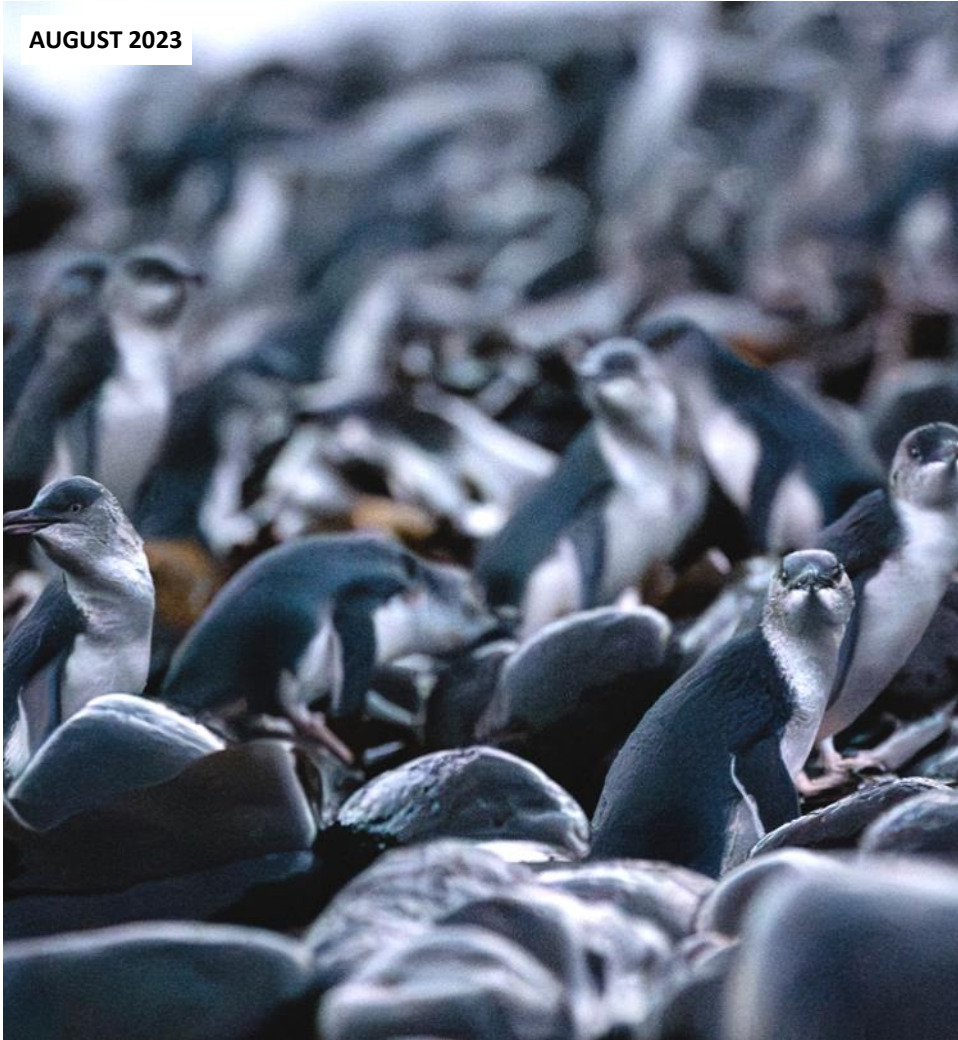
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AUGUST 2023



A Phillip Island Nature Parks and Monash University study into sub-colonies within Phillip Island's 40,000 strong little penguin population has discovered differences in how they reproduce and find food.

"Our findings suggest a strong relationship between sea surface temperature and the penguins' foraging performance," said Professor Richard Reina from Monash University. "Concerningly, we found that the breeding success was negatively influenced by increasing sea surface temperatures."



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

The only thing more difficult than predicting the weather is writing a fishing report this time of the year. Some would say the weather has been reasonably easy to forecast lately, it's either wet or windy and different variations of that. There are signs that the weather is changing for the better and hopefully it's a sign of an early spring. We have seen a few heading out - those who haven't headed north looking for some warmer weather, and while they haven't returned with a bag full of fish, there is a feed to be found and the odd calm day a great chance to blow the cobwebs out of the boat. Land based has been reasonable this winter and there seems to be a lot more heading to some of the beaches and jetties.

An event that we are heavily involved in is the Tidal Seafood Festival in September, formerly known pre Covid as the San Remo Fishing Festival. The event over the last couple of years has been re-named and re-structured, all the favourites are still there with many extras.

The Tidal Seafood Festival is now held over 3 days, 15th to 17th September on the San Remo foreshore. There is a large all-weather marquee where it all kicks off on Friday night with a 5-course seafood gala dinner prepared by local chefs as well as entertainment and live music. A handful of tickets are still available.

www.trybooking.com/CJDLZ

Saturday will then start at around 9.45am with a blessing and a smoking ceremony and from there the marquees will open. There will be a full program for Saturday with cooking and preparing seafood demonstrations in the smaller marquee. The main marquee is full of information stalls, industry based and sustainable fishing. There will be a licensed food court to purchase some of the best local seafood for lunch with a dozen choices both inside and out. There will be live music to enjoy while you are eating your lunch, provided by some of our young, local, up and coming talent. The blessing of the fleet is a part of the event recently revived from years past where recreational and commercial boats are invited to take part. There are a couple of spots still left if you want to get involved.

There is a huge kid's area and plenty of entertainment for the young ones. Red Mo the Pirate, facepainting, large yard games and an interactive area. The deckie race is a modified version of what the commercial fleets deckie would take part in at the festival many years ago and is now open to anybody and with a prize pool of \$1,000 it will be hotly contested. Numbers are limited but there may be a couple of places left. www.trybooking.com/BDHWR

Sunday kicks off with a clean-up San Remo event in the morning from 10am to 12pm where we will be concentrating on the local beaches and surrounds. From 12pm the marquees will open with the smaller one the place to come to get all your fresh produce needs. The kid's area will be open again with games and

facepainting and don't have too much for breakfast as there will be plenty more choices for lunch with a few of the same but some new food vendors outside and the licenced area inside the marquee will be open again. The afternoon program will then kick off on the stage in the main marquee where a selection of bands will keep you entertained all afternoon. For all the latest information head to festival website, www.tidalseafoodfest.com.au or find us on Facebook to keep up to date.

As for the fishing, salmon make up most of the reports because of the weather, fuel costs and everything else keeping a lot of boats off the water. They have been good salmon and the best we have seen in several years, both in number and size this year. It probably makes sense with more people fishing for them that the reports are better but it's also the size with some very good runs of big fish from Anzacs and fish you would normally see at the Kilcunda beaches. The reports from Williamsons have also been very good, both baits and lures working. Calamari reports have been hot and cold with the beaches much better than the jetties. I don't think it has a lot to do with the squid not being there, it's more about conditions and with so much wind the weed has been a bigger problem on the jetties. Those few who have headed out in the boats have managed a good feed of whiting or calamari, but nothing much in the snapper department and gummies have been difficult with the winds not letting you spend much time in the open.

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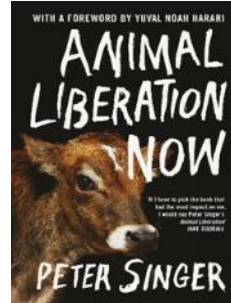
From the first page, you can say farewell to sleep...a brilliant, breath-taking thriller with characters you love - and love to hate. I didn't know whether to tear to the end or savour every page' Abigail Dean, bestselling author of Girl A.

'Clemence Michallon has written a classic... Daring and completely satisfying' James Patterson.

'An absorbing and addictive psychological thriller - I couldn't put it down' Edel Coffey.

He took you and you have been his for five years. But you have been careful. Waiting for him to mess up. It has to be now.

Aidan Thomas is a hardworking family man and a respected member of his community. He's the kind of man who always lends a hand and has a good word for everyone. He's also a kidnapper and serial killer who has murdered eight women. And there's a ninth, a woman he calls Rachel, imprisoned in a backyard shed where she fears for her life. When Aidan's wife dies, he and his thirteen-year-old daughter, Cecilia, are forced to move. Aidan has no choice but to bring Rachel too, introducing her to Cecilia as a family friend who needs a place to stay. He knows that after five years of captivity, Rachel is too frightened of the consequences to attempt to escape. But Rachel is a fighter and a survivor. And when Emily, a local restaurant owner, develops a crush on the handsome widower, she finds herself drawn into Rachel and Cecilia's orbit, coming dangerously close to discovering Aidan's secret.



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Despite improvements in animal welfare in some regions - brought about in large part by this book - in many others the scale of their abuse has reached staggering new depths.

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DOLLARS AND SENSE BY DAVID WELLS

Times Are Tough, Again

Just on eleven years ago I wrote an article titled “Times are Tough”. It’s an education to revisit that again, now that times are tough for many people again. In that article, the tough times were caused by the fear of recession which didn’t ultimately happen, falling interest rates and huge and growing government debt. We had official rates being cut to just 3.25% , at the time the lowest in the OECD economies, on the way to 0.10%, Australia’s official growth rate was 1.3% for the latest quarter and who remembers the European debt crisis? The PIGS crisis – when the Portuguese, Irish, Greek and Spanish governments and economies had to be bailed out because they couldn’t meet their interest commitments?

How things change and yet still remain the same. Now we have tough times again for many, it seems. We have the fear of a recession (which quite possibly won’t happen) we have official interest rates rising to 4.1% and likely another 0.25% in August, home lending rates at an average of 6.95% for a variable loan, up from 2.1% eighteen months ago and Australia’s growth still above 2.2% annualised. Inflation has gone from 0.1% to 7.0% after a 30 year high of 7.8%. In 2012 we had negative wage growth – this year we have seen wages rise the most in 20 years. We still have a huge government debt, both State and Federal, but in between that had been cut to net zero. One of the really troubling causes of inflation is energy prices that contribute to all sectors’ inflation.

What is serious for many people in Australia is that in 2012 most of concern was fear based on what might happen. In 2023 it’s more about what has happened and is still happening. In 2023 most of our concerns were from events happening overseas while now we are concerned about what is happening here. Our inflation this time round was originally imported, which is why the RBA got it wrong where now it is domestically entrenched. It’s a little like cane toads – they came from overseas and are now a problem in Australia.

While the forecast is for inflation to ease this year and start really falling mid-2024 and official interest rates to follow by a lag of three or four months people still have to battle that for a year or so yet. While ours and the US interest rate markets are now a little more optimistic than that we know that economics is not called the inexact science for a reason. Ask two economists

a question and you’re likely to get five answers.

At our own domestic level we are constrained by our own situation. We may have a mortgage and a job that has a fixed rate of pay. We may be retired and living on limited means or even just the Centrelink Aged Pension. Whatever the case there are steps we can and should take to minimise the effect of inflation on our life. An extra 4.5% of your mortgage payments every year is a huge cost and many are struggling. On a \$600,000 mortgage that’s nearly an extra \$2,250 per month. The fact that other people have a mortgage buffer is small consolation for those who haven’t. If power goes up by 25% is there a way to reduce your power usage by 20%? There are many websites with useful tips and hints for these. Google “energy savings” and you’ll get a day’s worth of reading! One to use immediately is to turn the heating down and if necessary, wear a light jumper instead. Every degree lower can save up to \$150 a year on central heating. Fill gaps under doors around windows and use curtains. Those alone will go a long way to saving the price increase.

Do you need to drive to the corner store? Can you walk? I actually have a 26 Km drive to get a newspaper, so I look online or wait until I’m buying multiple items or I am going to work. I prefer to use the train to go to Melbourne. That saves me \$35 in fuel and much more in usage costs than the \$4.50 train ticket.

If you have a cup of coffee every day from your favourite barista, cutting back one a day for a year will save nearly \$2,000.

If you are having difficulty in making ends meet speak to those who can really help. All banks will listen if you’re having genuine difficulty in paying the mortgage. They can and are willing to help out by restructuring payments in the short term, even by expending the term of the loan. This will ultimately cost more but will really help the cash flow. Other lenders will also try to help but you have to ask. You won’t be the first and I am sure you won’t be the last to ask. Never be too proud to take the action to survive financially. Look for the websites where you can get advice and assistance. There are many from which to choose but make sure that you only contact the genuine ones from reputable organisations. None of them will charge a fee to ask and government sites are always free. If you have an investment portfolio you are well placed but if you need to sell down shares make sure you get advice because you don’t want to be selling tomorrow’s (or even today’s) winners.

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PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

The Two Boys Homes Newhaven By Pamela Rothfield

There is some confusion in our community regarding the two boys' homes in Newhaven, both established early in the 20th century as reformatories for "wayward" boys. Let's delve into the details of these institutions.

The Newhaven Boys Home, situated opposite the foreshore at the end of what is now known as Boys Home Road, was established in 1914. It was intended to house "incorrigible and unruly boys" and operated under a charity run by a committee of management. The committee considered Phillip Island, with its surrounding waters, as a sort of Alcatraz, making it difficult for the boys to escape. Within two years of its opening, the committee started an appeal to raise funds for a more suitable facility to accommodate the 18 boys under its care.

However, in September 1925, the Charities Board deregistered the Newhaven Home for Boys amid allegations of mismanagement (which were later withdrawn) and claims that other institutions could provide more efficient care for the boys. Consequently, the home was closed, and all 38 boys were returned to Melbourne.

By the end of 1925, there was welcome news as the Church of England expressed its intention to re-establish the home. In August 1926, the Charities Board launched a "Lightning Appeal" to raise £20,000 for the construction and establishment of St. Paul's Home for Boys. By the year's end, donations totalling £13,000 had been received, and construction of a 'substantial building' commenced, using blocks which would give the building a 'fine and massive appearance'. In January 1927, an appeal was made for the remaining £7,000 to complete the construction.

In April 1928, St. Paul's Training School for boys in Newhaven was officially opened by Governor Lord Somers. This building still stands today. Over the next decade, the St. Paul's Boys Home expanded gradually as funds allowed for further construction. In 1935, a new appeal was launched, seeking £10,000 for further building funds.

In addition to the Newhaven Boys Home (St. Pauls), there was another institution called the Seaside Garden Home for Boys, established in 1921, also located in Newhaven. Initially, it operated in a small cottage rented from a local lady named Mrs. McNair. This home was run by a non-denominational committee of management. The superintendent's residence, which remains today, can still be found on the south-eastern corner of what is now known as Phillip Island Road and Boys Home Road.

In October 1923, the committee overseeing the Seaside Garden Home for Boys sought to expand its premises due to an increase in the number of boys. At that time, the home housed 55 boys, with others waiting for admission. The committee aimed to construct an additional dormitory and purchase land for farm training. William Henry Baye served as the superintendent and secretary of the home. The following month, it was reported that the committee had successfully acquired an additional 50 acres

of land in Newhaven.

When the Seaside Garden Home for Boys was established, it was presented as an approved "institution into whose care neglected children may be committed," operating under the terms of the Children's Welfare Act of 1915. Superintendent Baye, in a letter to The Argus newspaper in January 1926, described the home as catering to orphans, foundlings, destitute boys, neglected children, and truants. He emphasized that the home was strictly non-denominational. Baye's intention was to clearly distinguish the Seaside Garden Home for Boys from what was then known as the Newhaven Boys' Home (St. Pauls). He also expressed gratitude for any financial assistance the community could offer.

In April 1926, an official delegation, including Mr. L. Thomas from the Secretary of the Children's Welfare Department, visited the Seaside Garden Home for Boys. Mr. Thomas reportedly commended the committee on the well-being of the boys in the home, expressing his belief that the institution was destined to grow and make a significant impact on the world.

NEWHAVEN BOYS' HOME.



Public attention has been directed to the condition existing at the Newhaven Boys' Home on Phillip Island a photograph of which is reproduced. The building which provides accommodation for about 40 boys, is described as being beyond repair.

Photograph of the original Newhaven Boys Home taken in 1925

Freddie and Rex

Tragically, only a few weeks after this visit, in June 1926, a young boy named Ernest Alfred Smith, known as Freddie, aged 12, was admitted to the Seaside Garden Home for Boys by his stepfather due to his "poor behaviour." During the three weeks that Freddie spent at the home, he complained of illness. However, Superintendent William Baye dismissed Freddie's claims, accusing him of "malingering." As punishment, Baye withheld food from Freddie. Sadly, Freddie passed away just three weeks after his admission to the Seaside Garden Home for Boys. An inquiry into Freddie's death revealed that he was undernourished and had bruises on his body. However, no charges were filed against Baye for his treatment of the boy. In more recent times, it has been speculated that Freddie was likely to have contracted a disease called Encephalitis Lethargica (also known as the sleepy sickness). Between 1915 and 1926, a pandemic of encephalitis lethargica affected millions of people worldwide, with a significant mortality rate. During the acute phase, victims experienced a deep sleep but remained somewhat aware of their surroundings.

By 1928, the Seaside Garden Home for Boys had grown to accommodate 100 boys under Baye's supervision. Unfortunately, tragedy struck again at the home seven years later, when in

November 1933, an 11-year-old boy named Rex Ronnie Simpson passed away at the Wonthaggi Hospital. Initially believed to have died from tetanus, subsequent newspaper reports described the circumstances of Rex's death as "mysterious." During the inquest, a doctor reported finding bruises on Rex's head and body, and it was revealed that the boy had received a severe beating days before his death. Superintendent Baye was suspended from his position following the inquest.



The building that still stands today is what remains of the superintendent's home of Seaside Garden Home for Boys.

Testimony from boys residing at the home indicated that they witnessed Baye physically assaulting Rex with a cricket bat on the day before the boy's demise. The boys also noted that Rex had been exhibiting unusual behaviour and complaining of neck pain for about a week, a symptom consistent with tetanus. Baye claimed that he believed Rex was malingering, which he used to justify his actions of beating the boy. Witnesses further stated that Rex had entered Baye's room the day before he died, after which he stumbled out with a nose-bleed. Rex then collapsed in the yard, striking the back of his head, and remained unconscious for two hours.

On the day of Rex's death, other boys from the home attempted to feed him in the dining room, but Baye intervened and ordered them not to help. Superintendent Baye was subsequently charged with manslaughter and assault. The case attracted significant public interest, with crowds attending Baye's court appearances. Baye's defence argued that public opinion had been heavily influenced against him. Despite two juries failing to reach a verdict, on February 28, 1934, the judge advised the jury at a retrial to acquit Baye of the manslaughter charges. The judge expressed disappointment and acknowledged the presence of prejudice in the case. Baye later stated, "I venture to suggest that at the time of their occurrence, the incidents which led to the trial were the result of a mistake, into which anyone in my position might have fallen. Looking back now, it is easy to recognize that a very great mistake was made, and one which I will greatly regret for the whole of my life. I have been under tremendous strain, and the whole affair means banishment." The judge committed Baye to a third trial on March 1, 1934, but these charges were eventually dropped.

Baye died ignominiously and in poverty with a bout of influenza in 1955. Unfortunately, newspaper reports from that time often mistakenly attributed the deaths of Freddie and Rex to the Newhaven Boys Home (St. Pauls) rather than the neighbouring Seaside Garden Home for Boys.

Following the tragic death of Rex Simpson, the Mission of St James and St John assumed control of the Seaside Garden Home for Boys at the request of the Charities Board. In 1934, it was renamed St. Barnabas' Boys' Home. The home closed permanently in 1939.

Meanwhile, the Newhaven Boys Home (St. Paul's Boys Home) continued its operations until 1973 – two different institutions.

Weekly Times (Melbourne, Vic. : 1869 - 1954), Saturday 23 December 1933, page 4

Sensational Evidence given at Newhaven Home Inquest

Manslaughter Charge Against Superintendent



The dead boy, Rex Simpson.

AMAZING stories of the alleged ill-treatment of Rex Simpson, 11-year-old inmate of the seaside home for boys at Newhaven, Phillip Island, were told by boys from the home when the inquest into Simpson's death was resumed at Cowes.

The Coroner (Mr D. Grant, P.M.) held the inquiry in the ballroom at the Isle of Wight Hotel. Wind and heavy rain outside made the room cold and dull, and the noise of the rain made hearing difficult.

William Seecey, 18, inmate of the home, was the first witness.

He said that on Tuesday, November 14, Simpson had complained that he was ill and could not eat. Next morning he saw Baye hit Simpson four or five times with a cricket bat and stick pins into him. The boy was on the floor crying. He tried to get up but could not.

Baye warned the boys against helping Simpson. About breakfast time on Thursday, November 16, he saw Baye stick a needle in Simpson's leg, causing blood to flow. Later Mrs Baye tried to bind Simpson's leg without success.

Replying to Mr Llewellyn Jones (for the council of the Boys' Home), Seecey said he had not discussed the boy's death with anyone because he had been told not to.

Louis Labeska, 17, former inmate, said that on the Wednesday evening he saw Simpson collapse near the verandah and hit his head with full force on the ground.

Baye took him inside and hit him on the nose with his shut fist. Simpson fell to the ground, and Baye sent a boy to clean up the floor.

Alan Sampson, 16, another inmate, said that on the Wednesday morning he saw Baye hit Simpson three or four times with a cricket bat, and the boy fell to the floor. Baye said, "Have you a pin?"

Witness got out of his seat, but Baye pushed him back and again asked for a pin.

Edward Harrison, one of the boys, took a pin from another boy's coat and handed it to Baye.

"Took Porridge Away"

"Simpson was on the floor trying to get up," added Sampson. "Baye said, 'I'll soon see if there is anything wrong with his legs,' and stuck the pin into the calf of his leg three or four times.

"Someone tried to help Simpson to a form because he could not get up. Baye then took Simpson's porridge away from him.

"About 6.15 p.m. that day, I saw Simpson in a passage near Baye's room. He had his hand to his nose, which was bleeding, and he was holding up his trousers with the other hand. There was a lot of blood on the floor of the passage.

"Mrs Baye, wife of the Superintendent, took a rag covered in blood away from

him and gave him another.

"Later I saw the boy, Sid Bowen, wiping up the blood in the passage."

Sampson said that he tried to give Simpson a drink of water, but he could only drink it from a spoon. With another boy, he carried Simpson to the dormitory and put him to bed. Simpson had a big lump on his head and his leg and arms were stiff.

At 7.30 a.m. next day, Sampson continued. Baye and Mrs Baye got Simpson out of bed. Baye told him to put his tongue out, but he could not open his mouth wide. Blood was coming out of the calf of Simpson's leg.

At breakfast, Mrs Baye tried to force him to sit down by pressing on his shoulders as his legs were still stiff. A little later, Mrs Baye told witness to put him to bed. He was then calling out, "Give me water. Give me bread and milk."

Sydney Keith Bown, 13, another inmate, said with another boy he tried to assist Simpson home from school or November 14, two days before his death Simpson fell down and they could not get him up.

"I told Baye, who took his strap out and belted Simpson when he was on the ground," said Bown. "Baye said, 'Get up, Simpson. I know all about you and how you tried to get out of school in town.

"Simpson could not get up, and Baye helped him. I helped Simpson along the road and Baye followed us, belting Simpson with a strap for another 20 yards.

"When school finished, I went to Baye's home to wash dishes. Baye took Simpson into the sitting room, and I heard him giving the boy a strap. Simpson then came out buttoning up his trousers.

"On the following morning I looked through the kitchen window and saw Simpson crawling on his hands and knees through the doorway of the dining-room, with Mr Baye behind him hitting him with a cricket bat. Baye later said to Simpson, 'I'll cure you of your paralysis or whatever you think you've got!'"

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CRYPTO ISLAND



IS BITCOIN A BONUS FOR THE BIG PLAYERS OR SMALL INVESTORS?

Bitcoin has a history of appealing to small investors who feel disenfranchised by the existing world order of international currencies. The underlying mechanism of blockchain technology is a brilliant and sustainable platform that supports various forms of cryptocurrency. Until recently, the biggest institutional investors have not participated in crypto investments. They prefer to wait and see.

A landmark event occurred in June when Blackrock, the largest institutional investor in the world, filed with the US Securities and Exchange Commission to launch an Exchange Traded Fund (ETF). This is a landmark development, and it signals a change in institutional adoption of crypto investments. It is fair to say that this move by Blackrock is the most significant institutional event in Bitcoin history. Investors will watch with interest to see how many other institutional investors follow suit. An ETF is a form of managed investment that is traded on a stock exchange.

ETF's are not new, but this is the first time that a really big investment organisation has signalled their intention to participate

in the crypto market. Looking back at the history of Bitcoin you would have to conclude that a number of wealthy people and organisations made large investments in Bitcoin. This leads to the conclusion that small investors have been left on the sidelines because they cannot compete with the big players.

ETF's provide an opportunity for small investors to gain exposure to the crypto marketplace. More importantly they can get the benefit of professional investment management. Small investors often lose out because they do not understand how the market is developing, and who the big players are. There are a limited number of large investors in the Bitcoin arena. These people and organisations are referred to as 'whales,' because they hold very large investments in Bitcoin.

Unfortunately, the fact is that the big players have a stranglehold over the crypto market and that is not going to change.

Here is a brief overview of the institutional investors that have signalled their intention to invest in Bitcoin:

- Blackrock
- Fidelity
- JP Morgan Chase & Co
- Morgan Stanley
- Goldman Sachs
- BNY Mellon
- Invesco
- Bank of America

Readers will note that all of the abovementioned companies are based in the USA. Most of these companies have investment partners and there is a wide variety of investment approaches that they take. Joining these companies is Deutsche Bank based in Germany.

Clearly, these institutions now view Bitcoin as an international asset.

It is important to note that the US Securities and Exchange Commission (SEC) treats Bitcoin spot traded ETF's with suspicion due to a belief that the underlying Bitcoin market is subject to fraud and manipulation. The SEC has received applications from Blackrock and Fidelity to establish ETF's, but to date these applications have not been granted.

We will need to wait and see how the SEC treats these very large institutional investors. If the applications are successful, the Bitcoin world may change forever, and the big players will get bigger. Questions remain about how the price of Bitcoin might change, how liquid the Bitcoin market will be, and how many investors will elect to invest via an ETF rather than buy Bitcoin directly.

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Researching your family history without breaking the bank

Genealogy is a popular hobby but can be very expensive if you subscribe to the many major companies eg. Ancestry and Find My Past. The way to overcome this - join your local genealogical society!

PIADGS (Phillip Island and District Genealogical Society) annual membership provides access to these companies' records and other databases. You also receive help and training in a friendly, supportive environment.

Other free genealogical resources include access to Trove - this includes an amazing collection of digitised old Australian newspapers. Also, Family Search, which offers a huge free collection of worldwide records eg births, deaths and marriages.

Genealogical resources information sessions:



Saturday, 19 August, 2023

PIADGS rooms 56 Chapel Street, Cowes
1.30-4pm

Presented by Jenny Harkness from Family Search.

\$2 for non-members. Afternoon tea provided. Parking at rear of premises.

Family Search has a vast, free database of genealogical records for researchers that can be accessed from home. It is a vital tool in the genealogist's toolbox. It is operated by the Church of Jesus Christ of Latter-day Saints, but you do not have to be a member to use their records.

Topics to be covered will include-

What is FamilySearch? How does it compare to other online databases?

Is it easy for me to use? What records are there?



Saturday, 7 October, 2023

PIADGS rooms, 56 Chapel Street, Cowes,
1.30-4pm

Presented by Heather Arnold, President, Koo Wee Rup Swamp Historical Society and previously Local History Librarian at Casey Cardinia Libraries.

\$2 for non - members. Afternoon tea provided. Parking at rear of premises.

Another essential genealogist's tool is the wonderful free, online research portal, Trove, part of our National Library. The database includes archives, images, diaries, newspapers, official documents, archived websites, manuscripts, and

other types of data. The newspapers are a wealth of information on families eg. birth, death and marriage announcements, legal notices, or their activities in their local communities eg. social events.

All welcome to both events.

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Let's get cooking

Simple and delicious recipes from
Paul at Hill Top Farm Butchers



Rabbit with Red Currant and Sour Cream



WHAT YOU NEED:

- | | |
|----------------------------|-----------------------|
| 4 X Rabbit Legs | 1/2 glass White Wine |
| 4 X Small Onions | 1/2 glass Beef Stock |
| 1 X Turnip, cubed | 8 X Juniper Berries |
| 2 X sticks Celery, chopped | Salt and Pepper |
| 1 X small bunch Thyme | 1 X tbs Red Currant |
| 2 X tbs Sour Cream | 1/4 cup Pork Dripping |

WHAT TO DO:

Heat the pork dripping until hot and fry off
Rabbit Legs until golden brown. Remove the legs
and add all vegetables and brown. Then add wine,
stock, thyme, juniper berries and seasoning.

Pour into a slow cooker then add Rabbit and set
cooker on medium for 6 to 8 hours.

Remove Rabbit from cooker and mix in the sour
cream and red currant mix and simmer to reduce.
Serve in a bowl and pour over vegetables.

Eat with a Jalapeño Sourdough.





Phillip Island Camera Club - Letting the light in – a guide to f-stops and depth of field

Have you ever taken a photo of a flower and wanted the background to be out of focus or blurred, or perhaps you wanted to have the entire photograph in focus? The amount of light that enters your lens will determine how bright your exposure is and depends on your aperture. This means you have to work out how to use the right f-stop setting for your shot.

Along with shutter speed and ISO, (sensitivity to light) aperture is the third fundamental component that makes up what is known as the 'exposure triangle' in photography. Your f-stop setting helps you to establish the look and feel of your photo because it determines your depth of field. The f-stop stands for focal length or field of view of a lens and f-stop determines how much light hits the sensor via the aperture opening (the hole in the middle of the lens, made up of rotating blades that open to let in light when you press the shutter).



This was shot at f/2.8. As you can see, the fairy garden is in focus but the background is quite blurred or soft. This image has a shallow depth of field.



This was shot at f/8. Once again, the fairy garden is in focus with the background slightly out of focus.



Here, f/22 was used and resulted in both the fairy garden and background in focus. This image is described as having a wide or deep depth of field.

Reference: <https://www.adobe.com/au/creativecloud/photography/discover/f-stop.html> For more information about f-stops you can go to <https://photographylife.com/f-stop>
 Images are copyright of Ken Anderson and may not be copied or used without permission. If you found this article of interest and would like to find out more go to <http://www.phillipislandcameraclub.com.au/>

Here's where things get a bit technical. A f-stop is expressed as a fraction – the f is the numerator and the f-stop number is the denominator. The aperture size reads inversely to its corresponding f-number. What this all means is that the smaller the f-number, the larger the aperture will be. The larger the f-number, the smaller the aperture. So f/1.2 - f/2.8 lets in a lot of light and is good for low light settings. F-stops in this range are often used in portrait photography because the shallow depth of field makes the subject stand out while the background softens. f/4 - f/8 gives a greater depth of field so more objects will be in focus at different distances while still enabling a good amount of light through as well as some background blur. On the other hand, small aperture settings such as f/11 – f/32 will give you a wide depth of field and almost everything will be in focus. These small aperture settings are suitable for landscapes and well-lit scenes.

All that being said, you have lots of options when it comes to setting up a shot. There are lots of variables (remember the exposure triangle?) and learning how to work with light takes trial and error. One of the Phillip Island Camera Club members, Ken Anderson, recently experimented with f-stop settings and provided the following images to show how f-stops alter the depth of field in images. All the shots were taken with a focal length of 38mm and ISO 100. Ken focussed on the Fairy Garden sign in the pot at the front of the succulent garden and used the widest to smallest aperture.

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

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Health and Healing with Pip

What's YOUR MenoRecipe?

My menopause story is also a COVID story. As the world was taken over by a pandemic, I was taken over by hot flashes, emotional flare-ups and heightened anxiety. And because I was wearing masks and there was a lot of anxiety and anger around the pandemic, I initially didn't connect my symptoms to menopause. Maybe you had this too? Or you might experience a similar confusion around your symptoms, if you're going through a family trauma, a relationship break-up, or a big work change. Everything is amplified and so your menopause symptoms get mixed in with the life-stuff.

I was doing all my normal self-care practices to manage the anxiety, but I was still feeling very sensitive and emotionally charged. So, I was looking at other possible options when I found my Chinese Medicine doctor. They focused on resetting my gut and soothing my anxiety. It was not until I was complaining about being overheated in the mask that we realised I was having hot flashes. Aha! That explained the extreme anxiety and anger too. And once we switched up the Chinese herbs to specifically address the menopause – everything changed. Yay!

And it occurred to me as I lay on the massage table that my life coaching clients, who are mostly 45 to 60 year-old women, have all been going through menopause and honestly, I'd not been able to fully understand the intensity of their experiences until now.

They've been feeling anxious, out of control, like their body is betraying

them, getting angry over the smallest things, sweating through their sheets, feeling confused, foggy mind, irregular cycles, taking clothes on and off all day long, overwhelmed, grieving their youth, not comfortable to share their pain and honestly, feeling like they are going crazy. I've caught up now now ladies!! ... I really get it now!!

Are you feeling these strong emotions too?

It took me a little while to work out, what I call, my Menopause Recipe. It's the menu of self-care ingredients of actions and services that will deeply nurture and support you through this transition.

My menu has included a combination of Reiki energy healing, Acupuncture, Chinese medicine, Bowen Therapy, meditation, Kinesiology, Chiropractic, yoga, journaling, tennis, moon cycle harmonising, crystal therapy, and most recently ... cold water immersion (eek YES– it's AWESOME!).

But how do you work out the recipe for you? How do you know where to start? That's where I come in ...

I'm a menopause mentor and life coach, who specialises in creating MenoRecipes for women to manage their unique mind-body-spirit symptoms in the best way for them to thrive, so they can feel less overwhelmed, alone, crazy, and out of control and more confident, connected to their soul and emotionally realigned.

Having a MenoRecipe is essential for every woman, because you are a divine unique being and your experience of menopause will be different from your mum's, sister's, and friend's - so the ingredients of your MenoRecipe will be unique to you.

My expertise in heart-storming, psychology, 20+ years of working with divine guides, creating self-care programs, and lived experience of menopause are invaluable resources.

I've always worked with women going through menopause, but now that I'm going through it myself, I'm even more perfectly positioned to help you to collate the overwhelming list of self-care actions that are right for you, so you can relax. I've got your back. We can do this together! A problem shared is a problem solved.

Qualifications-wise - I have a degree in Psychology, I'm a Reiki Master Coach, an Advanced Angel Intuitive, Meditation Teacher and creator of the Divine Alignment Code (TM) coaching program.

It's nice to know that your coach has some legit qualifications, skills, AND experience of your condition, it gives you more confidence in their ability to support and advise you, right?

I want to remind you that you're not just this mind and this body, you also have a spirit ... and if you are not nurturing all the elements of your whole being then you can become disconnected, hopeless, lost, and feel like your life has no meaning.

Menopause is the perfect time to be doing this spiritual development work. It's in the name ... it's the time to pause and review your life, while answering the important seeker questions like "is this all there is?" and "what's the purpose of my life?"

All my focus is on offering simple skills to improve your self-care and expand your connection to your soul. I only work with clients that I know I can help. So, if you're a fun, open-minded person who is willing to try new things, prepared to take action to learn how to heal yourself, that's perfect!

If you'd like to book in a complimentary 'What's my MenoRecipe?' phone call, just send me an email on pipcolemans@yahoo.com.au

Blessings Pip

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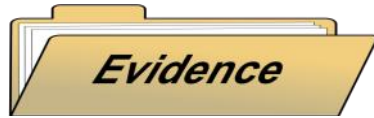
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A classic crime story from our esteemed crime writer, Leon Herbert



THE CASE OF THE MISSING EVIDENCE

Inspector Jack Flint of the Cowes constabulary and his mate Leroy, brilliant resident Island amateur sleuth, were enjoying a Saturday breakfast at the Pino's Coffee Shop when the call came in. "Murder on a weekend?" Inspector Flint muttered between bites of his cheese omelet. "What's this world coming to?"

They arrived at the law offices of Wynn, Lose & Draw in Thompson Avenue to find Chester Wynn sprawled on his Oriental rug, his left temple a bloody mess. The usual group of three suspects stood in the reception area outside the victim's private office in the company of an officer. "Why are you people working today?" Flint barked. A tall man in a polo shirt stepped forward. "An old client just filed a lawsuit against Chester for malpractice," he explained. "It could cost the firm millions. Of course, with Chester dead, we stand a much better chance of winning." The tall man introduced himself—Kiefer Lose, the law firm's new senior partner. "We came in today to get a jump-start on the suit."

The only woman of the group stepped forward. "We all arrived at about the same time," said Penelope Draw, a middle-aged attorney with a no-nonsense attitude. "Chester went into his office and closed the door. I had documents to prepare for the meeting. I went back and forth between my office and the document centre." She pointed to a cubicle outfitted with copy machines and supplies.

"I had just finished making copies for everyone and binding them when I heard Chester shouting. Then came a loud thud. I knocked on his door. The others were knocking on his two other doors. We all walked in and found him. Someone had hit him with that award from his desk. Lawyer of the Year. Funny, huh?"

Kiefer Lose didn't smile at the irony. "I was in my own office," he said, "right beside Chester's. Like Penelope said, we all heard the murder. My side door opens directly into Chester's office. I knocked and heard the others knocking."

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

Leroy wandered around the office. He examined the pile of freshly bound background documents, then crossed to Kiefer Lose's door. Inside, he could see a golf club and a water glass lying sideways on the rug. Strolling past the conference room door, he glanced in and saw four places set at the table, with water carafes, crystal tumblers, pens, and tablets at each place setting. "What did you do after calling the police?" Leroy asked. "Nothing," Ben replied. "We all came into the conference room and just sat down until your people arrived." Kiefer Loose nodded and sighed. "Well, as long as we're here, we may as well have the meeting. Excuse us,

Inspector." He grabbed the background documents from the top of the copy machine and passed out all three of them, one to each partner of the firm.

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

Well, Vibe readers, Who killed Chester Wynn?

What clue implicates the killer? Check out page 15 for the solution.

Concordia Mandolin and Guitar Ensemble Concert

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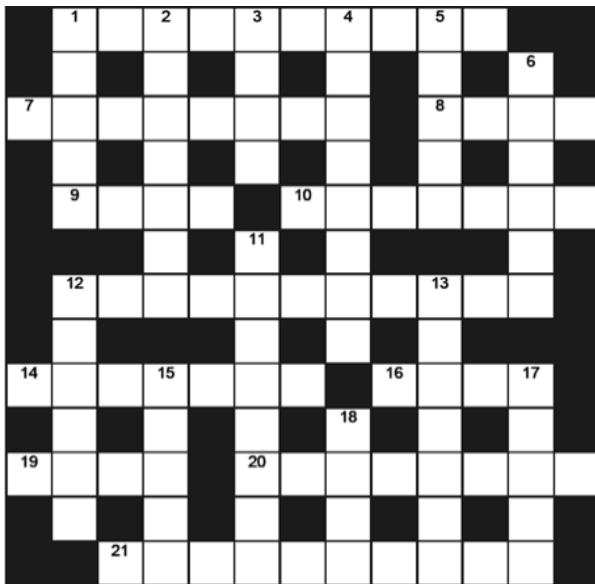
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Brain Food

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



Vibe Quick Crossword

- | | | | |
|---------------|-----------------------|----------|--------------------|
| Across | 1 | Joke (5) | |
| 1 | Assist (10) | 2 | Selects (7) |
| 7 | Tree surgeon (8) | 3 | Den (4) |
| 8 | Spiders' artistry (4) | 4 | In rags (8) |
| 9 | Comfort (4) | 5 | Tall building (5) |
| 10 | Boudoir (7) | 6 | Overseas (6) |
| 12 | Confused (11) | 11 | Slightly salty (8) |
| 14 | Charm (7) | 12 | Fears (6) |
| 16 | Sea green (4) | 13 | Mexican spirit (7) |
| 19 | Without activity (4) | 15 | Concepts (5) |
| 20 | Adores (8) | 17 | Anoint (5) |
| 21 | Suffocate (10) | 18 | Trick (4) |

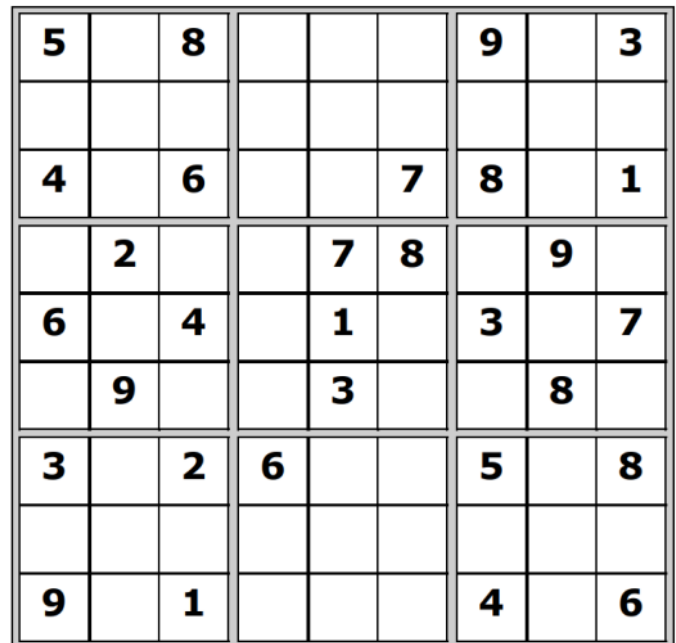
Down

TRIVIA QUIZ



1. What is a snakes cast off skin called?
2. What is the final event in a decathlon?
3. Which country has almost 50 per cent of the world's freshwater lakes?

4. What would you harvest from an Olea Europaea?
5. What did the Euro replace in Greece?
6. Who perished when the sun melted the wax holding on his artificial wings?
7. What is the capital of South Korea?
8. After almost 20 years in the singles charts, which British singer finally had a UK number one in 1990?
9. Which city's annual carnival is described as "the biggest party in the world"?
10. Which song was adapted by Robbie Burns, becoming a yearly anthem?



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



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What Makes Bitcoin Unique?

Bitcoin is the most secure financial asset in the world.

It's been in operation for 10 years with zero down time and despite numerous attempts, has never been hacked. It's been declared dead over 380 times. There's even a website dedicated to this meme. Despite this (or perhaps because of it) the network continues to evolve and grow stronger. It's now unstoppable.

What makes it so secure? Its decentralization and its computing power.

The network consists of over ten thousand globally distributed computers (nodes) running Bitcoin software with ledgers that update simultaneously every ten minutes when a block of financial transactions is added to the history chain of blocks, called the blockchain. Each node separately stores the full blockchain record dating back to the maiden block on 3rd January 2009.

Nodes follow protocols (rules). They independently validate each financial transaction while under the watchful eye of all the other nodes. Nodes don't trust each other. If any node tries to cheat by double spending all the other nodes will notice and expel the offender. Nodes will not propagate lies.

Remarkably, this happens without any central control. There is no Bitcoin headquarters, no board of directors and no leader that can be summoned to appear in front of government officials.

"The essence of Bitcoin is its ability to operate in a decentralized way without having to trust anyone" – Andreas Antonopolous, author of *The Internet of Money*.

Nodes are operated by volunteers infatuated with this revolutionary technology while zealously defending its integrity. Their catch-cry is "fix the money, fix the world".

And if one or more nodes are shut down the network simply shrugs off the attack and continues its growth in more free-market friendly jurisdictions.

Miners get the transactions nodes identify as valid and bundle them into a new block. Using an ingenious consensus mechanism called proof-of-work thousands of globally distributed miners compete to solve a math problem by guessing, or hashing with computing power, a possible solution. The winner adds the new block of financial transactions to the blockchain and claims a prize of 6.25 bitcoins or about \$280,000.

Miners are incentivised by this block reward to seek out the cheapest sources of energy and the cheapest, highest quality

mining hardware in order to maximise their competitiveness. Cheap energy is often found in some of the most remote spots on the planet, for example hydro. These projects are designed to generate electricity for multiple decades to service growing population centres and therefore when starting up often produce more than needed. That's where the Bitcoin miners come in. They can provide a valuable service by using the excess electricity that would otherwise be wasted. Its low cost helps their competitiveness. And the energy provider gets additional revenue from the Bitcoin operation thus increasing profitability and tax revenues to the local community. So everybody wins; the power producer, their community and the Bitcoin miner.

Bitcoin doesn't waste energy, it consumes wasted energy.

Bitcoin mining computations are carried out using hardware chips known as application-specific integrated circuits or ASIC's. They are designed to perform one function only – hash the SHA256 algorithm during the ten minute competition and capture the bitcoin prize.

To hack or double spend financial transactions a malicious actor would need to consistently, over weeks or months, generate more hash rate than 50% of the network. At current hash rates this cost would be astronomical.

So Bitcoin's high energy use is a feature, not a bug. Without it there would be no security. And as hash rate grows so does security. It's why more and more individuals are choosing to store their life savings on the network.

Hash rate now exceeds 350 Exahash per second or said another way, 350 billion, billion computations per second making Bitcoin the most powerful decentralized network of processing power in the world, by orders of magnitude, and the most secure.

SOLUTION TO THE CASE OF THE MISSING EVIDENCE

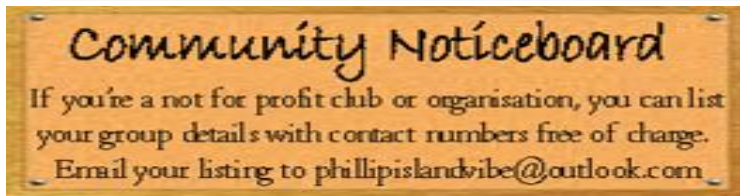
"Was it Lose?" Flint asked eagerly. "The guy with the golf club in his office?"

"No," Leroy said. "Just because a suspect goofs off doesn't mean he's a killer. I think our solution lies in those background documents Miss Draw put together." Flint's eyes gleamed. "You mean it had something to do with this lawsuit?"

"No. Look at the number of copies. How many were in the pile that Lose picked up from the document centre?" "One for each person. Three."

"So, why did Penelope Draw make three copies when there were going to be four people in the meeting—the three of them plus the deceased?"

Flint thought for a second, then grinned. "The lady was in a rush. She had to get her copies made, then go in and kill her senior partner. She didn't have time to put together a fourth document that would never get used. It's elementary, Leroy, elementary."



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 welcome. Contact Brian Walmsley 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, 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. Secretary 0493 614265 John 0409 858985. Blue Gum Reserve, Dunsmore Rd, Cowes.

National Vietnam Veterans Museum needs volunteers for gardening and cleaning. 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 Volunteer group who meet on the second Sat monthly from February to November. We undertake 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 Join us for "Sharing, Fun and Friendship". We are a 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.

The Phillip Island & Districts Dart League P.I.D.D.L. is a community-based organisation that organises a competitive Darts comp for players of all skill levels. Weekly round-robin format. New players welcome. Contact Scott Lethbridge 0407543154;scott@glpc.com.au

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 the Club on 5952 2337.

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/)

PHILLIP ISALND SENIORS CLUB MONTHLY UPDATE

We at the Phillip Island Senior Citizens Club find ourselves at the forefront of a new era. For the first time in our 52 year history we find ourselves with a predominantly all female committee. This happened purely by accident and was not something we planned at all. Now don't get me wrong here, we welcome men with open arms, and in fact we would definitely love to have more men on our committee, we just didn't have any men make themselves available to join us this year. That doesn't mean our male counterparts don't make a difference or help out. They do great work behind the scenes, especially on lunch days but other times as well. Their contribution never goes unnoticed and is always greatly appreciated. Hopefully they will want to join us on the committee in the coming years.



So why are we telling you our little story in history? Why not! We celebrate international women's day, mother's day, and let's not forget our foremothers the suffragettes, who fought for women's rights including our right to vote etc. Oh yes, I went there. And I did so because so many of our female members, past and present would be happy and proud to celebrate what has come to be. Let's not forget the insurgents of women's football leagues, cricketers, socceros, hockeyos etc and how celebrated and successful and inspirational they have become. So too we can inspire our younger counterparts to thrive and work to achieve greatness working equally beside their male colleagues. And our predominantly female committee is a bunch of intelligent adult women who don't bitch about each other or is out to destroy one another. We work together as a collaborative gaggle of gals with a similar sense of humour, and an easygoing nature with most of us being friends outside of the committee. These friendships happened both before and after joining the committee for us all. So while we wait for men to put their hands up to join us on the Phillip Island Senior Citizens Club committee and help drive our club forward, here's cheers to us ol girls just getting on with the the job for 2023/2024 year.

In the first year that Teena Burns has been President our membership has increased and we continue to grow as a vibrant club. On a very sad note we lost the pulse of the Phillip Island Senior Citizens Club in Allan Droscher who passed on Tuesday night 4th July 2023. He will be very greatly missed and in a tribute to his legacy we are naming our kitchen Allan's kitchen because he was always in the kitchen during our lunches having a very sneaky cup of "water" (wink wink). He was such a beautiful man. And we sent him off just how he wanted....at his club playing loud rock and roll music with all his family and friends around sharing like minded stories about our club's legend!



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

ANSWERS TO TRIVA QUESTIONS

1. Slough
2. 1500m
3. Canada
4. Olives
5. Drachma
6. Icarus
7. Seoul
8. Elton John
9. Rio de Janeiro
10. Auld Lang Syne



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