

PHILLIP ISLAND VIBE

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March 2024



Many thanks to photographer Bruce Watson for supplying this stunning front page photo of an egret taken at Swan Lake. Bruce can be contacted by emailing bruwatso@gmail.com. Happy Easter to all.



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Book Reviews

**By Turn The Page Bookstore,
40A Thompson Avenue,
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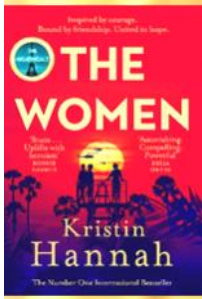
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The Women

By Kristin Hannah

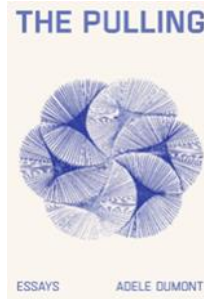
**Price: RRP \$34.00
(10% discount to registered customers)**

From the celebrated author of *The Nightingale* and *The Four Winds* comes Kristin Hannah's *The Women*—at once an intimate portrait of coming of age in a dangerous time and an epic tale of a nation divided.

Women can be heroes. When twenty-year-old nursing student Frances “Frankie” McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

As green and inexperienced as the men sent to Vietnam to fight, Frankie is over-whelmed by the chaos and destruction of war. Each day is a gamble of life and death, hope and betrayal; friendships run deep and can be shattered in an instant. In war, she meets—and becomes one of—the lucky, the brave, the broken, and the lost. But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam.

This is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country has often been forgotten.



The Pulling

By Adele Dumont

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

When Adele Dumont is diagnosed with trichotillomania - compulsive hair-pulling - it makes sense of much of her life to date. The seemingly harmless quirk of her late teens, which rapidly developed into almost uncontrollable urges and then into trance-like episodes, is a hallmark of the disease, as is the secrecy with which she guarded her condition from her family, friends, and the world at large.

The diagnosis also opens up a rich line of inquiry. Where might the origins of this condition be found? How can we distinguish between a nervous habit and a compulsion? And how do we balance the relief of being 'seen' by others with our experience of shame? Reminiscent of the writing of Leslie Jamison and Fiona Wright, *The Pulling* is a fascinating exploration of the inner workings of a mind. In perfectly judged prose, both probing and affecting, Dumont illuminates how easily ritual can slide into obsession, and how close beneath the surface horror and darkness can lie. 'The Pulling is an intimate and intricately crafted book, a meditation on privacy and the intensity and complexity of interiority, and the ways in which we might maintain this against and within - without losing - the world. It resists the easy narratives and language of illness, and all that these reduce, and is interested instead in the fascination of compulsion, what it offers and might mean. Dumont's writing is both vulnerable and fierce, critical and beautifully detailed, and generous above all else.'



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PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

The Tale of Four Public Halls By Pamela Rothfield

1884 The Inaugural Shire Hall – Cowes Mechanics Institute

In the early months of 1881, an ambitious endeavour took root with the establishment of the Cowes Free Library Building Fund. Three dedicated but now anonymous islanders initiated this noble cause, aiming to create a library hall for the benefit of the public. The local community warmly embraced this idea.



During April 1881, the Lord Mayor of Melbourne, Mr. Dodgshun, graced Cowes with his presence during the Easter break. He attended the annual regatta and a concert organised to raise funds for the Cowes Free Library Building and the Presbyterian Church, with profits to be divided equally. This concert took place in the schoolroom in Cowes, but due to space limitations, around 50 people had to be turned away. At the event's conclusion, the Mayor expressed his delight in supporting such a commendable cause and was genuinely surprised by the large turnout of visitors to Phillip Island. Fundraising for the Library Building Fund continued, but the turning point came in 1882 with the generous donation of a

block of land on Chapel Street by Solomon West. In 1883, local builder Mr. Blakie was awarded the contract to construct the building, which was to measure 40 feet by 20 feet (12m x 6m) and stood at 13 feet (4m) high.

The building opened its doors to the public during Easter in 1884, with two concerts marking the occasion. For nearly four decades, the hall remained a steadfast community resource on Phillip Island, experiencing minimal alterations.

In 1923, at the behest of Mr. Alex McLardy, the hall committee's secretary, a significant expansion was undertaken, costing a substantial sum of £1,400. This extension increased the hall's size, adding a cloakroom, a supper room, and clubrooms for the local branch of the Returned Sailors and Soldiers Imperial League of Australia, who contributed £650 towards the extension costs.

By 1926, the hall became known as the Mechanics' and Soldiers Hall and served as a picture theatre. In 1928, following Phillip Island's independence from the Shire of Phillip Island and Woolamai to form its own Phillip Island Council, the hall transformed into the Shire Office and Council Chambers, possibly housing the local court as well.

This inaugural Cowes Shire Hall continued to serve the community for fifty years until its unfortunate demise on the night of March 16, 1933. A fire, believed by many to have been intentionally set, destroyed the hall within an hour, along with all shire records and library books. The estimated value of the hall was £3,000, and it was fully insured.

1934 The Second Public Hall and Shire Office

Barely three weeks after the devastating fire of 1933, the hall's trustees organised a public meeting to discuss the construction of a new building. During this meeting, a proposal to solicit competitive plans for the new structure was adopted. Chairman Cr. Sambell suggested acquiring a



new site, which sparked opposition, as many believed the existing site offered ample space for a larger building. During this meeting, a proposal to solicit competitive plans for the new structure was adopted. Chairman Cr. Sambell suggested acquiring a new site, which sparked opposition, as many believed the existing site offered ample space for a larger building. Despite resistance, Cr. Sambell's vision prevailed, leading to the purchase of a new site on the east side of Main Street, now Thompson Avenue, where the new Shire Hall opened in December 1934.

This second Shire Hall was a box-like building spanning three levels with sub-floor, main floor and first floor, and had street-facing windows featuring an entrance in the middle of the building.

Phillip Island and District

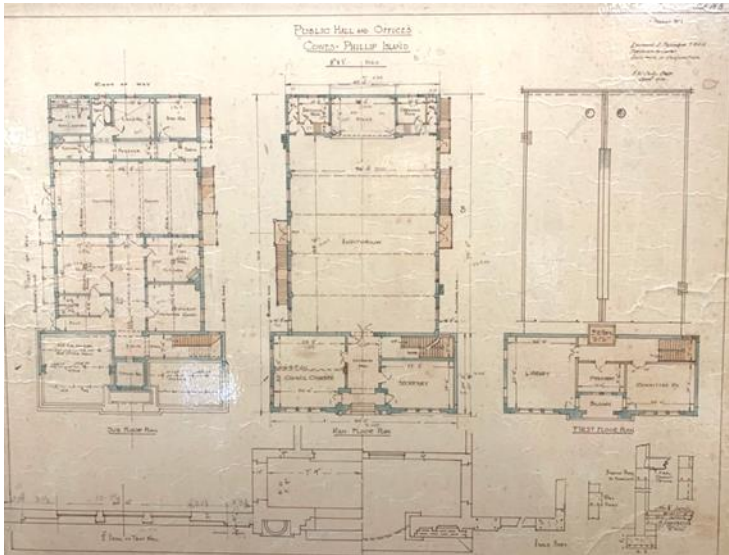


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The library, initially situated on the first floor, was later relocated downstairs. The spacious Council Chambers which were described as commodious, originally occupied the main floor.

Within the building, there was also a ball-room accommodating up to 200 people and a picture theatre. The front right-hand side of the building displayed a Notice Board promoting upcoming films. The Cowes Law Court was also housed in this building.



A sudden collapse of the back wall on May 9, 1968, exposed the cinema to daylight, necessitating repairs costing \$1,500. A new Shire Offices building was then built in 1978 and this second Shire Hall building continued to be used as a library and cinema until it was eventually demolished in 1985.

1978 The Third Public Hall and Shire Office

The Cowes Civic Centre and Shire Offices, inaugurated on December 1, 1978, graced the corner of Church Street and Thompson Avenue. This development featured an auditorium and meeting rooms. In 1985, the adjacent Heritage Centre was constructed, housing the library and the Historical Society. With the Shire amalgamations of 1994, which saw the end of the



Phillip Island Shire as it merged into the Bass Coast Shire, the Shire operations moved to Wonthaggi. Consequently, the Cowes Civic Centre and Shire Offices underwent alterations, reducing the number of offices and expanding the size of the hall and auditorium.

2023 Fourth Public Hall and Cultural Centre, Berninnet



The third public hall and Shire offices met its demise in early 2020 to pave the way for the construction of the new Cowes Cultural Centre, named Berninnet, - our fourth Public Hall, which opened its doors to the public on November 2, 2023, at a cost of \$31 million. This new cultural centre in Cowes is a vibrant hub for art, performance, and community. It features a performing arts space, cinema, gallery, library, historical museum, event spaces, and community meeting rooms. Additionally, it houses the Bass Coast Shire Council's Customer and Visitor Information.



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

Blink and you are going to miss the next month and with Anzac Day mid-week this year it's the last of the long weekends for a while. Easter is early this year with good Friday the end of March which means only a couple of weeks between Labour Day and Easter. Our Easter fishing competition is on again and entries are now available with the kids show bags are all gone already. The sponsors this year have been extremely generous, and we have a huge prize pool of some quality gear. There will be a longest tuna or kingfish section with the winner to take away a Shimano Tiagra 30 and the category prizes value is getting very close to \$500 each with more items still coming in. There will be around 30 random prize draws over the weekend which anybody can win with Phillip Island Helicopters coming on board with a flight as the major prize. We have a raffle this year, hamper with over \$200 in fishing gear that will be drawn on good Friday.

For those who don't know, the competition runs from 7am Good Friday morning until 12pm Monday and you can fish whenever you want within those times. You can fish from a boat, jetty or beach within the designated areas, and fish are weighed each day at the shop during normal business hours. There are categories for heaviest Snapper, Gummy, Flathead, Squid, Whiting for both Adults and Juniors (0-14 as of the 29/02/24), Juniors must enter with an adult. There is a longest Tuna of Kingfish category, photo can be sent in of fish with a brag mat or tape measure if releasing the fish, (we will need to see the photo on the phone in person at the shop over the weekend to validate the catch) or fish can be measured at the shop if you are keeping it. Many of our sponsors this year

have asked for photos, and these are better taken on the water so please send them in over the weekend. There will be other random prizes given out over the weekend and every hour there will be a random lucky entry prize draw from all of those who have entered, you don't even need to catch a fish to win. Entries must be in before 2pm Good Friday and you must be back to the shop by 12pm Monday to count (no exceptions). You can get entries in person from the shop, on Facebook or we can email them to you. You can enter in store, or we can take entries over the phone. There will be full lists of sponsors in the lead up and over the weekend and we ask where you can support them you do because it's their generosity that has provided a prize pool of over \$20,000 and also means that again we will be able to donate 100% of the entry and raffle money to the Royal Childrens Hospital Good Friday Appeal.

You can probably tell by the length of the intro that fishing is a little quiet and that's exactly been the case for the last few weeks. The tuna has been inconsistent enough and at times extremely frustrating but all round it's been a very strange season.

Calamari have just been bad all season and really haven't improved much. There have been patches through the season where it's looked like they were just a bit late or something then it changed and they were on in numbers then the next day gone again. We have had some much better reports from the Newhaven jetty over the last couple of weeks and very mixed sizes of calamari also. The best has been ½ way up the jetty on either side using a variety of jig colours, green probably the standout and in the 3.5 size. We are getting reports from other areas and boats as well just nowhere has been consistent.

Whiting have been very similar to the calamari in the inconsistency but at least the numbers and size started off much better. It just all went quiet during January. We started to see dozens of undersize whiting through late January and into February and now we are seeing a real mixture in sizes but not big numbers of the bigger fish. Whiting reports have come from all of the areas you would expect to see them, and it's been more about timing than anything else. From the reports Dickies Bay is better in the early morning then once the sun gets up smaller or no fish. Cleeland Bight is better in the late evening and very slow during the day, then deeper areas off Rhyll have been better on the hotter brighter days or during the day on a tide change.

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Health and Healing with Pip

A hug a day keeps the doctor away!

Healthline.com says that family therapist Virginia Satir suggests, "We need four hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth."

In this world where we are discouraged from touching, especially since the pandemic, many people are 'touch deprived' ... it's SO important to put hugging back into your self-care routine.

Hugs can have health benefits, including reducing fear, stress, and pain. They may also support immune and cardiovascular health.

Some of you have children or pets who are fantastic for guaranteed hugs. Others of you may have to rely on partners, friends, café baristas, or possibly co-workers for this fix. Depending on your life, you might find even four hugs will be a challenge.

Personally, I feel very lucky to have a group of cold-water dippers (@millowlseadragons) who give me plenty of hugs to fill my hug-bucket every day. Some may say it's an essential part of getting warm after we swim, and I smile and say: 'maybe sometimes.'

Mind you, I have to admit, that I actively energetically called that group for myself. I was feeling very lonely at the end of 2022 and so I sought out this very heart-centred group of people. It felt like divine guidance for sure. I wasn't sure that I would continue to go into the cold water or get up early, but the hugs kept me coming back every day. True.

Let's talk about the benefits of hugging. Did you know that regular hugs do all this:

- ward of feelings of loneliness,
- can lower blood pressure,
- greatly improve our physical health,
- release a feel-good hormone - increase serotonin levels and trigger a release of oxytocin),
- impact us at a cellular level,
- increase positive emotions,
- tune us into the energy of life,
- lower our heart rate.

The experts say you can't just give a quick, nonchalant hug! You have to hold the hug; it takes 20 seconds for the feel-good hormones to release. So, remember hold your hugs as long as you can!

Some people's hug-style is like an A-frame – heads together and butts out. Others are like a side-hug – one arm only. Others are full-frontal-bear-hugs. No matter what they do the job.

Now you might be wondering, how can you get more hugs (and not come off as crazy or creepy):

1. Just start hugging others when you see them. We all have that one friend who is the best hugger, and it doesn't seem weird at all when every time you see them, they hug you. So go for it, become that hugger friend.

2. Always take opportunities to hug. When saying goodbye (think dropping the kids off at school) or when saying hello (think picking the kids up from school).
3. Hug your pet. Yes, your pets count. Give your pets lots of snuggles.
4. Hug a tree! This might seem silly, but go on, give it a try.
5. Hug a pillow. Even a pillow can help you feel safe and secure. Cuddle up to a nice pillow while sleeping for hug benefits all night long.
6. Hug Yourself. This may also sound silly, but hugging yourself is a form of self-care. You love yourself, and it's perfectly okay to show your body and remind your mind of that fact.

There is a lot of research to show that hugging has loads of physical, mental, emotional and spiritual benefits ... so my suggestion to you, dear reader, is to take the 'HUG CHALLENGE'.

I challenge you to get twelve hugs daily for the next 30 days. Twelve 20-second hugs. You decide where the hugs come from. I've given you some ideas, but please feel free to get creative.

You're welcome to join the @millowlseadragons to do some cold-water dipping AND get your hugs.

Please feel free to share your hugs and reactions to them @pipcolemanauthorcoach or send me an email to share your experiences privately – pip@pipcoleman.com

Blessings Pip

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DOLLARS AND SENSE BY DAVID WELLS

The Longer You're Wrong, The Sooner You'll Be Right

Ever since there were seasons the world has revolved around cycles. As night follows day (why don't we say "day follows night"?) in economic terms good follows poor, bust follows boom or if we're lucky, low growth follows high growth. This has always been the case for business and that flows on through the share market and property, especially now that interest rates are used as an economic management tool and a very blunt one at that.

And so it follows that all sorts of people make all sorts of predictions as to what will happen based on where we are in whatever cycle we're talking about, facing whatever events are unfolding around us. We see pessimism challenging optimism; self interest challenging reality, or at least probability and opinions challenging alternative opinions. Sometimes it almost impossible to determine what is likely, and what is not and to sort the truth from the opinion.

As bad news sells more advertising it's usual for the more negative opinions, forecasts and expectations to get the biggest headlines, so they create the biggest fears.

Pundits, expert forecasters (is there one, or are they just experts who forecast?) and even clairvoyants will all take credit when their forecasts turn out to be half way accurate and yet all are strangely silent when the future delivers more of normality and less of the extreme.

One fund manager in the US made great advantage of claiming to predict the GFC in 2008-9, and built a large business on the back of that claim. The reality is that he had predicted the GFC every year for the previous five years and so people who believed him missed out on doubling their investment. In the six years following the GFC he made money for his clients in only one year. He still has a reputation as "the man who predicted the GFC".

Similar instances happen in the property market, too. More recently we have had predictions of property going "bust" and prices

collapsing. Yes, we've seen prices come down a little in places but go up in others. The forecast bust is yet to arrive.

Most forecasters are wrong in the greater scheme of things. There are so many factors that can cause correction in any market that to take them all into account accurately and their interactions correctly that predicting within any degree of confidence of an outcome is impossible. Making a prediction as a "definite" is truly impossible. The real thing for investors to consider is whether their investments can withstand a boom or a bust and keep delivering their objectives. Forecasts and predictions are noises which need to be tempered so that they don't drown out reality.

Any investment market is for optimists – no-one can afford a pessimistic investment manager. Markets, over time, have always gone upwards. Never in a straight line and never totally predictably but over time they have always returned greater value. Our share market is now at record (as at 19th February) and in some areas property has recovered all its Covid losses despite higher interest rates. This demonstrates the truism that it's time in the market that is most important because it's impossible to accurately time the market.

Whether it's property or shares a quality investment will shine through any bust or boom cycle. It will fall the least and recover the fastest. Listening to all the hype that influencers put out there and trying to protect yourself from all the doom and gloom is not just pointless – it's impossible. The cycles will keep happening just as they have done since economics was discovered!

It is hard to avoid all the noise about wars, about pandemics and inflation and all the rest, but if you've been looking at our markets over the last few years you will have noticed that despite all the dire predictions, things have been pretty good in reality. It's only those who have taken their money "off the table" that have suffered.

Those who have acted on the dire forecasts have not done well.

The reality is that regardless of booms and busts, investment markets continue doing their normal thing and investors who make informed, sensible decisions will always, over time do very well.

Booms and busts are actually the exception and need to be tolerated rather than being avoided. Having a trusted adviser who has experienced all these booms and busts and can cut through all the

noise is a real advantage and more than justifies their costs.

There will be another share market boom and a property boom, possibly even at the same time. There will also be busts in both markets. The one certainty in all this is for anyone predicting a boom or a bust in any market is that the longer they're wrong, the sooner they'll be right.

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**Happy Easter to
you and your
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the roads this long
weekend.**



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Authorised by Russell Broadbent MP, Independent Federal Member for Monash, Warragul.

Let's get cooking

Simple and delicious recipes from
Paul at Hill Top Butchers



**Black Garlic
Stuffed Chicken**



WHAT YOU NEED:

- 1 Spatchcock Chicken
- 2 pods Black Garlic
- Salt & Pepper
- 250 g Butter
- 2 tablespoons Parsley, chopped

WHAT TO DO:

Place parsley, garlic, salt, pepper & butter in a bowl and mix well. Place your chicken skin side up on a board. Stuff the butter mixture under the skin & pat down so butter fills all the gaps. Place on baking sheet and place in 160 degrees oven for 50 minutes until golden brown. Serve on a bed of black wild rice.



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Phillip Island Camera Club - Making photography fun

New book features stunning local minibeast photographs. By special guest writer and author, Christine Grayden

Minibeasts are stunning to look at, in real life and in quality macrophotographs. When I decided to produce a book about some of our local minibeasts, I first trawled the internet, and my husband's images files, to see if I could find enough good quality locally-taken photos to illustrate the themes I had in mind. Putting a call out to photographer friends, Facebook friends and the Phillip Island Camera Club resulted in offers of some astounding images. They weren't all what I had in mind, but that proved to be fortuitous because it made me rethink the themes and even the structure of the book.

The result is *Minibeasts of Phillip Island Millowl – Land insects, spiders, molluscs and crustaceans*. This 36-page paperback book in A4 portrait format includes over 100 photos taken locally and is aimed at primary school children; though I know some adults who are avidly reading it before handing it on! The book is for sale at Turn the Page Bookshop in Thompson Avenue Cowes for \$19.99. Part of the proceeds of the sale go towards the Phillip Island Penguin Foundation, which funds excellent research into local flora and fauna.

I started out with so many gaps in my knowledge about minibeasts living here, and found in looking for answers that sometimes there is just so much on the internet that I just crave a quick, highly-directed answer. For solving that

Remarkable Metamorphosis

Metamorphosis (sounds like "met-uh-mor-fuh-sis") is the word used to describe the stages of development that minibeasts go through from egg to adult. Some, like cicadas, hatch out as mini-adults called nymphs. You can sometimes find a cicada's shed skin, called exuvia, sounds like "ex-you-vee-un") stuck on tree trunks where they hung to emerge as final adults. Other minibeasts hatch out as larvae, like known as grubs, maggots or caterpillars.



Cicada exuvia, showing split in back where the adult came out.

There's so much happening on even just one leaf in your garden! Here are a variety of aphids, which are bugs that hatch as nymphs, not larvae. You can see lots of stages from red specks of eggs, or maybe newly-hatched nymphs, to the adult winged form. There may even be two different sorts of aphids here. Can you see them? Soon you will meet the ladybird beetle that eats the aphids.

Page 10



In butterfly metamorphosis the adult female lays her eggs on leaves which she knows her young can feed on when they hatch. As the larvae grow, they need new sites which form under the old ones. Their last 'skin' is their chrysalis. Inside each chrysalis or cocoon, each larva grows new legs, wings, eyes and every other body part it needs to be an adult. After a few weeks the adult crawls out and takes a few hours to pump fluid through its wings. Finally it can fly away to find a mate and start the cycle again.

Moths make their own cocoon, like this Emperor Gumn Moth's cocoon. They make them from their own silk, and some moth species also include bits of the plants around them for camouflage.

Page 11

A double page spread of the book including aphids by David Cook, Jezebel butterfly series by Will Hurst, cicada and cocoon by John Eddy. Image supplied.

problem, I would like to thank my husband John Eddy, whose wide knowledge and excellent reference book collection quickly answered many questions for me. I would also like to thank him for taking the time when out in the field over several decades to take photos of all sorts of things he encounters – including many minibeasts.

A wide variety of photographers went above and beyond to find just the right image among their files, or actually go out and take the right photo for me. They included one friend who went on a snail and slug hunt in the middle of the night, and another who monitored a road-killed wallaby carcass in the roadside grass to take a series of photos of the minibeast 'clean up squad' that worked away over three weeks to reduce the carcass to a bit of skin and the bones. All sorts of people contributed – six Phillip Island Camera Club members, Phillip Island Nature Parks staff and environmental photographer friends. If you do get a copy of the book, I hope you all enjoy our combined efforts!

Phillip Island Camera Club members, David Cook of Cowes, Will Hurst and Rhonda Buitenhaus of Newhaven, who contributed photographs of minibeasts for the new book. Image by Lorraine Tran.



Author, Phillip Island Millowl local, Christine Grayden, pictured with her book, Minibeasts of Phillip Island Millowl – Land insects, spiders, molluscs and crustaceans.

Christine's website is <https://www.christinegrayden.com.au/>

For more information about the Phillip Island Camera Club email Graeme phillipislandcamera-club@gmail.com or phone 0407 0922 352.

<http://www.phillipislandcameraclub.com.au/>



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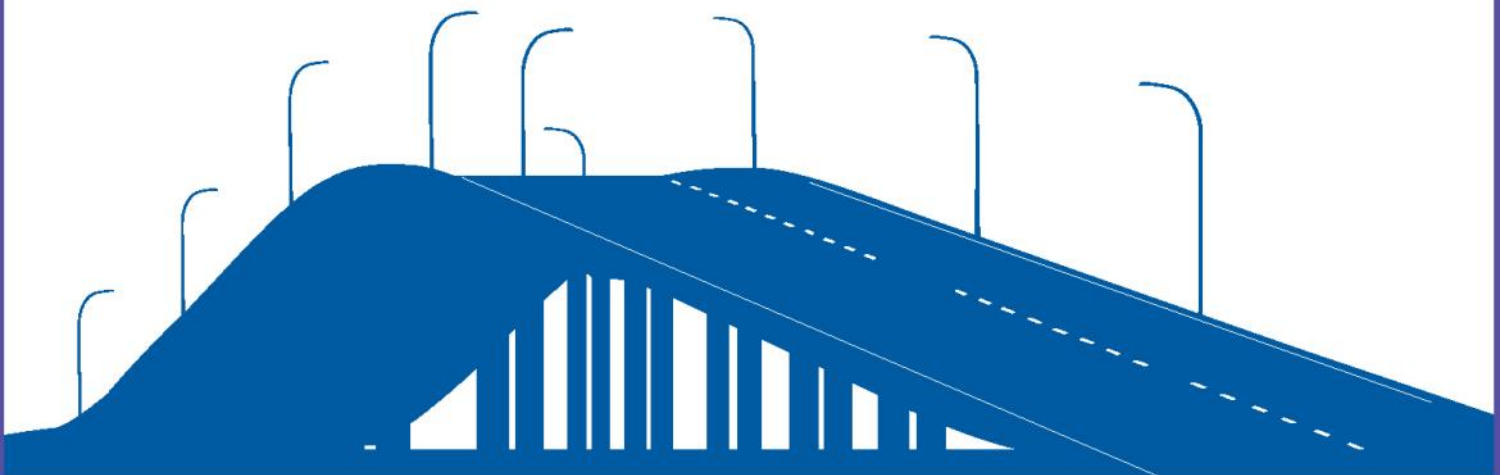
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Bridge Pipeline Works

We are investing \$5.5M to refurbish water and wastewater infrastructure under the Phillip Island / San Remo bridge, safeguarding essential services for another 30 years.

Key updates

- project duration; February to November 2024
- work site established on the San Remo foreshore
- scaffolding to be installed under bridge for pipe access
- water and wastewater services are not impacted
- heavy vehicle mass limits apply
- road remains open (occasional lane closures)
- pedestrian access remains open at all times
- minimal impacts to marine users
- see website for more information



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PREPARING THE SOIL

When the present season is over, around April/May, it's time to think about preparing your beds and pots for the coming season in Sept/Oct. My first job is go across the road and buy some horse manure off the ladies with the horses. But before I apply this to the beds and pots, I treat them all with Dolomite, Potash any any sources of calcium I have. Crushed egg shells, or if available, cuttlefish skeletons. Wash the salt from the latter first. A good dose of GoGo Juice will add the right enzymes to the soil as it's a probiotic for soil and plants. Dig the horse manure in, but you need to apply a layer of 4-5" deep. I use horse manure because to me, it's readily available. But if you can get chicken or, better still, sheep manure, they too are good. Cover all beds and pots with a good thick layer. Next comes the sugar cane mulch, applied in another thick layer of 4-5" on top of the manure.

As the beds are going to be dormant for the next 4-5 months, this gives the manure and mulch a good chance to rot down and enrich

the soil. If your pots or above ground beds have compressed down, add the best potting mix you can find, and a couple of bags of mushroom compost to boost them up a bit. Now, around mid August, when the last strains of Winter are passing, you need to dig the mulch and manure into the beds. Another good dose of GoGo juice is in order here to get the PH and enzymes in the soil on track.

Hopefully you have some sort of greenhouse that you can start your seedlings in, get them going by late August to early September. Fortunately on Phillip Island we don't have frosts, but if you do in your area, wait until they are finished before planting out your seedlings. Now the fun starts....

CHILLI, PEPPERS AND CAPSICUMS

The Americans call capsicums PEPPERS. So for the sake of this exercise I will call capsicums and peppers, simply peppers. As a general rule we think of all these plants as annuals. Grow them one season, they die off, we buy another next season. But that need not be so.

They are all in the nightshade family, (as are potatoes and tomatoes), and with the right care, can last numerous seasons, perhaps up to five or more. I have a Palermo Sweet Pepper, originally from QLD, that is now into it's 5th season.

In addition, this particular plant has the best crop of peppers I have ever experienced in the past five years. I also have a Thai chilli into it's 2nd year, and it's loaded with



Any queries, questions or problems, drop me a line via The Vibe or on my email: burnsiestomatoes@gmail.com Happy gardening.

chilli's. How so?? The term I use is "wintering" the plant - protecting it from the rigors of Winter. I treat my peppers and chilli like a rose, cutting back 75-80% of foliage and hard wood. So you end up with a plant looking like a stalk with very short branches and sparse foliage. This will help the plant to conserve energy over the cold Winter when it does not need to expend energy growing or putting into fruit. You need to move it now into a protected space, preferably your little green or hothouse, to protect from cold, wind and bugs. A dose of GoGo juice will help to keep the plant and soil healthy, with a touch of liquid feeder (Power Feed, Seasol etc). Water sparingly, perhaps once a week. When the weather and the soil start to warm, perhaps mid to late August, bring the plant out from it's hibernation and plant in a nice sunny position. Early September should show healthy signs of new growth. These plants are like tomatoes, the female and male bits are all in the one flower. So to help pollinate, simply shake the plant to move the pollen from the male into the female part. Early morning is the best time to undertake this task.

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PHILOSOPHICAL MUSINGS

BY JOHN BUTTROSE



Freedom

We seem to talk a lot about freedom, but like many ideas, freedom is rather slippery, an idea open to interpretation and debate.

We could talk about free will. Are the decisions and choices we make truly free?

Philosophers, of course, have examined this. One philosophical position, known as determinism, argues that our will can not be truly free because each choice we make is already determined by the circumstances and context of our decision.

Other factors may also influence us; our upbringing and education, our genetic heritage and state of health, the mores of the society we find ourselves in, our experiences. I think we can see some truth in this, but it is rather depressing to think we are preprogrammed and that any decision we make is in a sense preordained.

If this is the case, then the idea of personal moral responsibility is void because our bad actions can be explained and excused. "I couldn't help it, your honour. I have this condition" Do our punishments for "bad behaviour" then need to be looked at more carefully if the miscreant has no real control over his or her choices?

However, human beings do have the ability to reason. If we approach our decisions rationally, by thinking critically, weighing consequences and making decisions accordingly, then perhaps we do have free will. We are free to think.

The idea that we are born free is an Enlightenment idea, put forward by philosophers like Thomas Hobbes and John Locke. However, they realised that unfettered freedom for all could make life very unpleasant if everyone took advantage of their freedom indiscriminately. Hobbes wryly observed that life would be, "solitary, poor, nasty, brutish and short." They hypothesised that this was the reason that humankind formed societies, with a legitimate authority to propose, legislate and enforce laws to protect the majority of citizens from harm caused by those who exercised their freedom with little regard for others. This is the basis of government. We have many laws which do restrict our freedoms ... the road and littering rules, laws regarding threatening behaviour, laws governing business practices ... and, of course, the restrictions placed upon us during the pandemic crisis. In our society the authority, the government, has the responsibility to ensure we are free from harm.

We also hear the cry of "Freedom!!" in the context of protest and revolution. The focus during the American Revolution was a desire to be free of British control in the colonies, especially, it seems, in regard to tax. Initially all the colonists demanded was appropriate representation in the British Parliament in order to express their

particular needs and wishes. The French revolutionaries wished to be free from the brutal excesses of the nobility and the church. But how do we consider the recent outcry over the restrictions imposed by the state and Federal governments during the COVID crisis? The language used by the protesters was quite reminiscent of past revolutions... "dictator Dan!", "draconian" etc. (Although it seems Draco was far worse than Dan.) Some of the claims as to the reasoning behind the new (and temporary) laws were quite extraordinary and difficult to take seriously, but some of the restrictions did make things very difficult for many. The anger was understandable. The counter argument is that when faced with the pandemic, which was little understood and undeniably dangerous, the government sought to make sure we were, as far as humanly possible, free from harm. That was their responsibility to the citizens. The people who label themselves as sovereign citizens claim that the government has no right to impose restrictions such as those seen during the pandemic. For some this extends to the idea that they do not have to pay taxes, or follow any impositions, or laws, imposed by government. This rather ignores the long established idea of social contract. The relationship between the state and citizen is a reciprocal one. In return for the citizen giving up some of their rights and freedoms, the state has the responsibility to ensure, as far as possible, the majority of citizens are free from harm.

We are very fortunate in Australia. We are remarkably free to do many things not enjoyed by many peoples around the world. We have freedom of movement, we can express our opinions freely, we can have relationships and marry who we please, we can regularly vote for the representative of our choosing, and I am sure you can think of many more. Some of these rights are granted by the government through legislation, others are simply seen as a freedom to be enjoyed by people governed by a functioning democracy. But these freedoms can be taken away, as we have seen in the United States in regard to the right to an abortion, and many of the freedoms we enjoyed before the pandemic.

One particularly vexed issue at the moment is the idea of free speech. Being able to engage in the public debate, even if expressing controversial views, is a vital element of a democracy. Some, however, are complaining that their views are being censored, e.g. recently a particular group suggesting they have every right to express racist ideas. But freedom of speech, can not, surely, be *carte blanche*.

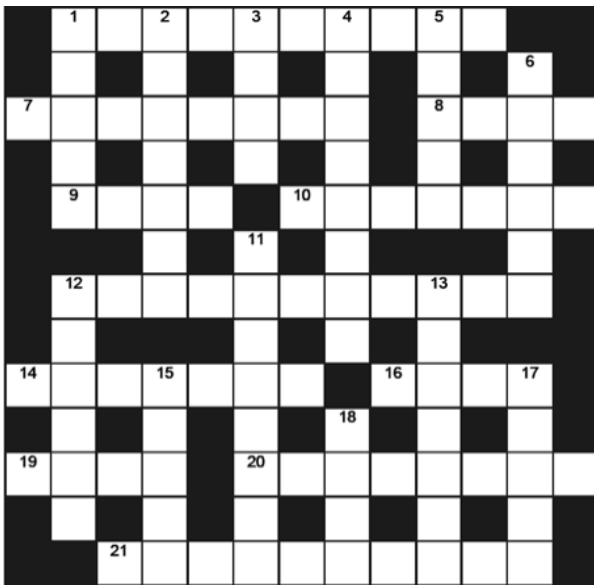
Words can cause harm, particularly if directed to minority groups who have suffered discrimination and alienation (and far, far, worse) in the past and who are still living with the trauma and the long term effects. Once again, freedom of speech seems to be a reciprocal right. An advocate of free speech surely has no right to inflict harm on others who have the right to be free from harm.

Are we ever truly free?

Join a philosophical discussion group. We meet on the first Thursday of the month at Wild Food Farm cafe in Rhyll to discuss the big questions about life, the universe and everything. Contact John Buttrose: jbuttrose54@gmail.com

Brain Food

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



Vibe Quick Crossword

Across

- 1 Specialist (10)
7 Collapse (8)
8 Afternoon (*collq*) (4)
9 Unit of imperial measure (4)
10 Fleetingly (7)
12 Sweet smelling flower (11)
14 Glass like rock (7)
16 Shun (4)
19 Implore (4)
20 Fearless (8)
21 Marketed (10)

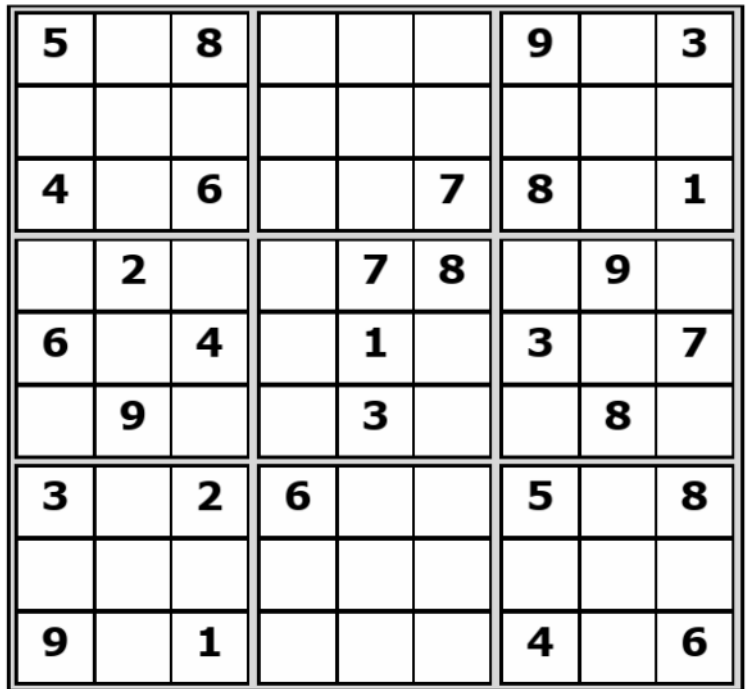
Down

- 1 Late (5)
2 Witch's pot (7)
3 Bites (4)
4 Happy (8)
5 Conscious (5)
6 Grow (6)
11 Explosive (8)
12 Barely (6)
13 Dog houses (7)
15 Splinter (5)
17 Sightless (5)
18 Immediately (*medical*) (4)

TRIVIA

1. Nashville is the capital city of which US state?
2. A Skua is what type of

creature? 3. In a circus, what does a funambulist do? 4. Pascals and millibars are measurements of what? 5. What do platelets help blood do? 6. What does a melophobia fear or hate? 7. What word can precede sandwich, bone and down? 8. What is also known as Hansens's disease 9. What are the pores in the surface of a plants leaves called? 10. "Not happy Jan is the closing line in an ad for which brand? 11. Who painted The Scream? 12. Which is the best selling beer in Indonesia?



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

Newhaven College Open Day – Saturday 16 March

Newhaven College is excited to invite all future and prospective students and their families to explore the school campus at this year's Open Day.

College staff and student leaders will be offering visitors guided tours of the stunning school grounds and facilities. Activities will be held throughout the day in Junior, Middle and Senior Schools. Students and teachers will also be performing specific demonstrations in the science labs and specialty wing, music performances in the new Performing Arts Wing, art displays and hands-on exhibitions in the Trade Centre. Tours can be booked on the College website.

Newhaven College will also be running Alumni events for students who graduated in 1984, 1994, 2004, 2014 and 2019.

Alumni are asked to book their intention of attendance at www.trybooking.com/ or via QR code. Experience the school in

action between 10am-2pm, Saturday 25 March.





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

THE CASE OF THE KETTLE & THE ROTTEN APPLE

Inspector Flint of the Cowes Constabulary despised stakeouts, especially on a day when the surf conditions at Woolamai were ideal. But duty called, and he found himself holed up in a quaint first-floor apartment, spying on the house of a suspected hitman across the street. The sun shone invitingly outside, mocking his predicament. Nevertheless, Flint's commitment to justice outweighed his longing for the waves.

As he observed the quiet street, a quote echoed in his mind: "Eat every meal as if it's your last; When the last one comes, you probably won't be very hungry" by Nora Ephron. Little did he know, this quote would soon take on a chilling relevance.

At noon, Flint noticed the departure of Dr. Weber's regular Tuesday patient, marking the start of the psychiatrist's lunch routine. However, when the usual time for lunch preparation passed without the cessation of a whistling tea kettle, Flint's instincts kicked in. Ignoring the surveillance, he rushed to the doctor's residence.

Upon entering the unlocked apartment, Flint was met with a gruesome sight. Dr. Weber lay lifeless on the kitchen floor, a fruit knife clutched in his hand and a bloody steak knife lodged in his back. Before he could process the scene, a familiar voice startled him.

"Worry not, my dear Inspector. I have arrived," declared Leroy Cunningsworth, the esteemed amateur sleuth and Phillip Island resident, appearing in the doorway.

Flint sighed in relief. With Leroy on the case, he knew they stood a chance of unravelling the mystery. "How do you always manage to be in the right place at the right time?" Flint inquired, half in jest.

Leroy flashed his trademark grin. "Ah, my dear Flint, it's a combination of luck and keen observation. Now, let's see what we can deduce from this unfortunate event."

Together, they meticulously examined the crime scene. The kettle continued to whistle on the stove, ignored amidst the chaos. Leroy noted the half-prepared lunch - a can of tuna, an apple turning brown on the cutting board, and the faint drone of the TV in the background.

"It appears someone interrupted the doctor's lunch," observed Flint.

Leroy nodded, his mind already racing ahead. "Indeed, but let us not jump to conclusions just yet. We must gather more evidence."

Their investigation led them to interview the two other tenants



in the building, Sammy Cole and Glenda Gould. Sammy, a night worker, claimed to have been asleep during the time of the murder, while Glenda, a former patient of Dr. Weber, expressed shock and suspicion.

Returning to the crime scene, Leroy's keen eye fell upon the refrigerator. With a sense of purpose, he opened the freezer section, revealing an empty ice tray. "Aha!" he exclaimed triumphantly.

Flint looked puzzled. "What significance does the ice tray hold?" Leroy explained, "The absence of ice cubes in the tray indicates a crucial piece of the puzzle. The killer used the ice to delay the whistling of the kettle, giving them time to commit the crime without detection."

Flint's eyes widened in realization. "So, the murderer must have been Dr. Weber's last patient, the one we saw leaving earlier."

"Precisely," confirmed Leroy. "This individual cleverly manipulated the scene to create a false timeline, but they couldn't deceive us."

Flint nodded, impressed by Leroy's deductive prowess. With the vital clue uncovered, they were one step closer to apprehending the culprit and bringing justice to Phillip Island.

As they prepared to make their arrest, Flint couldn't help but feel grateful for Leroy's timely intervention. Perhaps there would still be time for a quick surf session at Woolamai before the day's end, after all.



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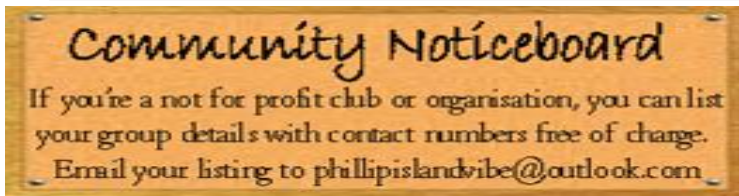
8am-5.30pm

Saturday 8am-3pm

Sunday 8am- 2pm

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**Jake and Tania McStay,
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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 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, 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 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 (except November, when meeting will be held on 13th) at the Newhaven Yacht Squadron Clubrooms, 1:30 - 4pm. Contact Graeme on 0407 092 352 or email phillipislandcameraclub@gmail.com.

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 open at 91-97 Thompson Avenue, Cowes. Opening hours are Mon, Tues, Thurs and Frid 9.30am - 5pm, Wed 9.30am - 6.30pm and Sat 10am - 1.30pm

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-useable bags to supply PICAL pantry and local shops thereby eliminating single use plastic in the community. For more information contact Boomerang Bags Phillip Island facebook page or Vi Pittorino on violetepittorino@hotmail.com and we will get back to you.

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 San Remo and Phillip Island Our friendly Club helps care for & brings our Community together through fund raising & community activities, including our Cowes Op Shop. New members & volunteers welcomed. Call President, Rob Robertson 0412 331218 or Sharon Buxton (op shop) 0437 585546.

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 .

Philosophy Lunch We meet on the first Thursday of each 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 We now meet the 1st Wednesday of the month at the Rotary Rooms, 101 Dunsmore Rd., Cowes. for more information - Lyn 0400126435 or Gill 0431672777. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome.

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 Island Senior Citizens Monthly Update

March brings the start of autumn and the continuation of the Phillip Island Senior Citizens Club lunches including entertainment. As a club we are so very happy to see all our hard work pay off in continual succession of the growth of our membership. We host approximately 80 plus people most months for lunch and have done for the past 2ish years. We are so happy people find our club energetic, entertaining, great food, awesome friends and fabulous prizes to win if you partake in our monthly raffles.

Up until 2022 we received a state government grant from the Victorian government. Without getting political, this ceased at the start of 2022. While we have managed to maintain a steady income and bank balance, we find ourselves spending more money on essential things like food for our monthly lunches and maintenance of our share of the building. This includes kitchen equipment which can be very expensive to replace, and for a not for profit group, we find it hard to come across these funds.

We do many fundraising days to help with our outgoings and expenditures. These include garage sale days during big long weekends such as Easter and Melbourne cup etc where we sell tables to locals so they can sell their stuff. We also hold sausage sizzles during these days which turns out to be extremely successful. We also hold fashion shows and other fundraising days as well, and hire our hall out to various groups and individuals for weddings, family gatherings, birthdays, meetings etc.

Please don't hesitate to contact Liza on 0431 867 058 regarding any further information we can help you with.

Our next fundraising day will be our fashion show on Friday 22nd March 2024 at 11am. FREE to attend plus FREE morning tea.

Fabulous designs and a great day of fun for all the girls!!!!!!

You'll be sorry if you miss it!!

Also coming up is our annual Easter Saturday garage sale with our world famous sausage sizzle. We are also looking for a coffee / cold drinks caravan to participate on the day. We are also looking for stall holders. We sell tables for \$20 per table so you can sell your stuff. That \$20 includes all advertising of the event with pictures and details put on Facebook local sites aplenty. Plus street advertising. It's cheaper than holding your own garage sale and alot of fun on the day. We do everything to maximise foot traffic coming to see everything you have to sell. And all for the cheap cheap price of only \$20!!!!. If you'd like to book a table or more, please contact Liza on 0431 867 058. She's very happy to take your call.

Just a reminder our lunches are on the 1st Friday of every month and for a low price of only \$20, you receive a 3 course roast meal, plus free bread/rolls if you want to take them, plus we have awesome prizes to win with our raffles on the day, plus entertainment most months. Why not give us a try? We love making new friends! For more info please don't hesitate to call Liza on 0431 867 058.

Happy March everyone.

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. Tennessee
2. A large seabird
3. Walk a tightrope
4. Pressure
5. Clot
6. Music
7. Knuckle
8. Leprosy
9. Stomata
10. Yellow Page
11. Edvard Munch
12. Bintang

THE GRAZING WITH THE LOCALS BIT



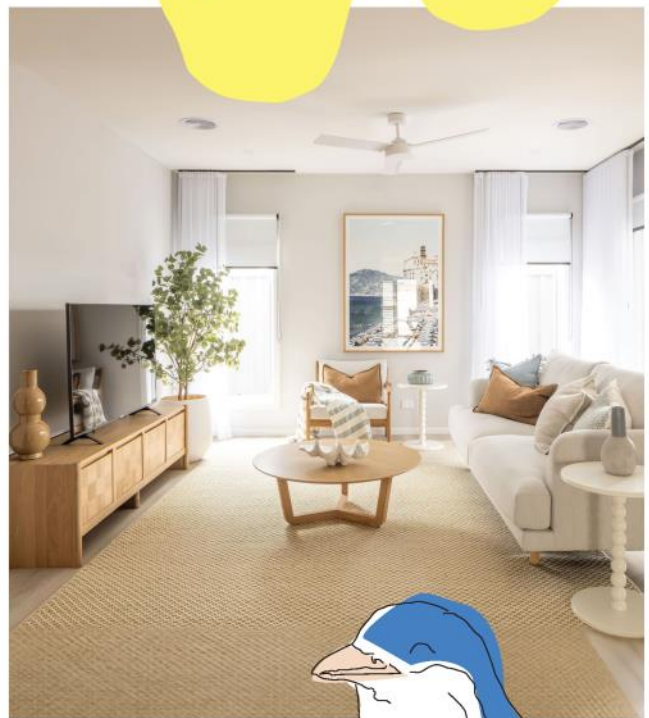
Blaze a trail and graze your way through
gastronomic delights across Victoria.
There's serious belly-business to be had,
and locals to be met.

Wine and dine at places like King Valley's
Prosecco Road.

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VICTORIA EVERY BIT
DIFFERENT

Come say hey at Lifestyle Phillip Island's Display Launch.



Find your dream home in a community that redefines coastal living.

Join us for a day of exploration and imagination. Tour our stunning display homes, meet the team, and envision your future in the vibrant Lifestyle Phillip Island community.

Join us as we launch our display homes!

When

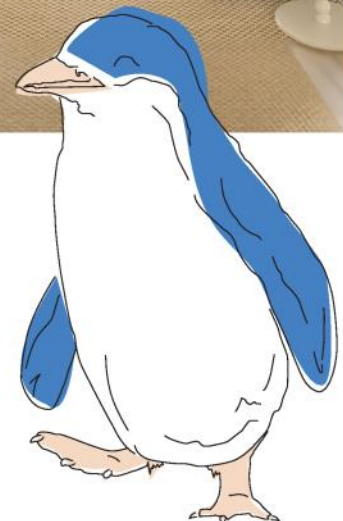
Saturday, 6th April, 11am – 3pm

Where

Lifestyle Phillip Island
500 Settlement Road, Cowes

1300 50 55 60

[lifestyle phillip island](#)



Lifestyle
PHILLIP ISLAND

By Lifestyle Communities®