

PHILLIP ISLAND VIBE

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September 2024



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

Traditionally things start to get busier on the water in September as AFL teams finish their seasons and supporters look for something else to do. They way the ladder is looking at the moment September will be very busy with few Victorian teams in the top eight.

If this weather holds it will also help make it busy, unless we are going to pay for a good August with a wet and windy September, time will tell. It is very early in the season still and I think the weather is getting people a bit prematurely keen and forgetting it is only August still. As with all seasons this time of the year, expectations should be realistic and used more as a trip to shake out any winter bugs the boat might have caught but also use it as a bait gathering trip. From the land as well, pack light and use the time to walk a few beaches on all tides to check out gutters that might have formed but also as a bait chasing session.

We have seen a great start to the calamari season with some customers catching more over the last few weeks than they did all last season, and that's from the land and the boats. All the usual places and while I would normally tell you to use baited jigs, with the good weather and the clean water artificial jigs have been very successful as well. All the usual spots but no matter where you are in the bay, catching them is possible everywhere, just need a jig in the water. While you have your baits in the water waiting for something else, do something. Cast a squid jig around, cast a small lure around and if you can pick up a bit of fresh baits for your next trip it will help out with the budget.

Soft plastics! We all see it on the TV. They work better than baits and are so easy everyone could be successful. The smarter of us also know you shouldn't always believe what you see on TV. Soft plastics are something you need to put a bit of time into to make them successful, it won't just happen. Plastic size and type, jig head size, hook size are just the first 100 things you need to navigate through and that's before you look for a place to fish or how to actually use them. One thing you will notice from the tv shows is not a lot, if any are on using plastics in Westernport Bay, they are always in much calmer tide waters. They will work in Westernport, you just need to think a little differently. Much heavier heads, plastics with action, curl tail or paddle tail but the

most important thing is use the current as your friend.

Don't try and fight it or work against it. Work with it by casting up current and as it comes down current, the action of the plastic and the weight of the head will bring it down deeper. In the current you won't get the opportunity to do a whole lot of jigging and that's why it's important to use something with natural action. It takes time to get it right when using them in strong current and there will be plenty of frustration along the way, but once you work it out it gives you something to do while waiting for a fish to take one of your other baits.

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PHILOSOPHICAL MUSINGS

BY JOHN BUTTROSE



Melancholy

Are you happy? How do we know we are happy? If you are like me, there is some confusion about the word, and the feeling of happiness. Can happiness be anything but a fleeting experience? Would happiness be better characterised by words and phrases such as contentment, acceptance and resignation. "Things could be worse!" These seem rather pale descriptions of the feeling of happiness ... but it seems anything is better than admitting you are sad in this world where personal happiness is so valued and sought after. Many spend an inordinate amount of time and resources seeking the feeling ... in self-help books, in a spa, on an overseas holiday, enduring a new beauty regime, buying a bigger car or a pet, drugs to help us avoid being sad, having children. It feels wrong to admit being sad. But is happiness overrated? Eric Wilson in his book, *Against Happiness, in Praise of Melancholy* describes happiness as a drug, inducing complacency. Wilson feels constant happiness, and the constant striving for happiness, leads to blandness and an inauthentic life marked by hollow smiles. Wilson is talking about the emphasis on happiness in modern, mainly Western, mainly American, society. The inane television shows and blaring advertisements promising all sorts of benefits, social media, influencers, and the like can be seen as a modern take on bread and circuses. But what is so unrealistic or unacceptable about being sad. There are certainly many things to be sad and worried about. The fragile economy, climate change and rising sea levels. Some cities are going to become unliveable because there will be extreme temperatures and not enough water to sustain a population. Upheaval and wars across the globe and the unprecedented movement of people in search of better lives. The refugees endure dangerous journeys, and a cruel reception. The state of our politics and the quality of our politicians. And we all have our personal trials; e.g. the state of our health and relationships, the misbehaviour of those around us, our rapidly advancing age etc. Happiness, in fact, seems a false dream, a denial of reality. The ancients recognised this "pensive sadness", or melancholia, as a general sadness which typically has no specific cause. We must be careful here, we are not talking of chronic depression. Depression is a clinical condition, often with physical and mental health consequences. The line between depression and melancholy may be a fine one, but we can see melancholy as being active, characterised by the dogged

questioning of the status quo, and the restless seeking of new ways of being, seeing and doing. The constant feeling that, "This is not right!" The inclusion of the word "pensive" in the current dictionary definition is important ... it is thoughtful sadness.

The ancient doctors proposed a complex explanation of the human body. The key to explaining human physiology were substances they termed humours, which also influenced an individual's personality. A melancholic person has an excess of 'black bile', which is in turn associated with the spleen, winter and the planet Saturn. Melancholy is represented by the element earth, winter and old age, and the qualities of cold and dry. The other human personalities; sanguine, phlegmatic and choleric, are represented by other humours and influences.

The ancient philosophers characterised a melancholic as moody and withdrawn; but they are also practical, pragmatic, analytical and realistic. They are reflective and of a stoical philosophical bent and have a well developed memory. They are serious people and averse to gambling and risk-taking. They can be seen as rather stuck in the mud, have an excessive attachment to the status quo and are somewhat pessimistic about change.

Melancholics were associated with the Stoic philosophy. The Stoics lived in very troubled times, but they encouraged engagement with the world, and a realistic approach to the miseries around them. We often feel there is nothing we can do, but the Stoics urge self reflection.

Epictetus says: "The chief task in life is simply this: to identify and separate matters so that I can say clearly to myself which are externals not under my control, and which have to do with the choices I actually control. Where then do I look for good and evil? Not in the uncontrollable externals, but within myself to the choices that are my own."

Few of us can change the world, but the Stoics urged us to engage and reflect, because in this way we learn about ourselves and establish our core beliefs and values. We can choose to look for the good, and understand evil, within ourselves by looking around us. Many people tell me, in a very self satisfied way, they never watch or read the news because it is too depressing! But knowing and trying to understand the world around us allows us to understand who we are, and understand our place in the world.

What is wrong with being sad or melancholy? Wilson argues that melancholia is essential to a thriving culture, it is a driving force in society. He argues that melancholia directly counters a facile, and essentially dangerous culture which is being generated by excessive positive thinking and the perceived necessity of everyone being happy.

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

PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

History of the Cowes Post Office

Written by Pamela Rothfield

with valuable information provided by Bruce Procter

Phillip Island and District Historical Society

PART ONE - From 1868 until 1907

Weekly mail deliveries to Cowes began as early as March 1869, just four months after the initial subdivision and land sales on Phillip Island. Brothers John and Solomon West, who had purchased several plots in what would become the main business district of Cowes, promptly began constructing their general store, which quickly became the heart of the budding township.



The first Cowes Post Office from the Wests' General Store

By July 1869, mail deliveries had increased to three times a week, and John West was appointed as Cowes' postmaster with an annual salary of £10. The mail route involved a handoff from Frankston, where Henry Howard, who held the mail contract from Frankston to Balnarring, would divert via Hastings. There, he would pass the mail bag to George Cox, who would then sail the valuable cargo across the water from Stony Point to Cowes in his small boat, Bella, as part of a regular mail service.



George Cox's house, Hastings. *Illustrated Australia News* 1876.

As mailman, George Cox was also responsible for providing accommodation and storage at his home in Sandy Point for passengers, mail, and goods whenever rough weather made it impossible for his small boat to sail.

By 1871, census records indicate that Cowes had grown to 31 inhabited dwellings with a population of 132 people. The volume of mail passing through the Wests' Post Office & General Store had increased sufficiently to justify an annual allowance of £35, which continued to rise in the following years. During the 1870s, Phillip Island began to establish itself as a tourist destination, with two hotels in Cowes catering to visitors. In 1871, money order services were introduced at the Wests' Post Office.

George Cox continued his mail service with his small boat, Bella, until around 1876, when steam ferries operating between Sandy Point and Cowes took over the mail delivery contract, rendering George's services redundant. However, when the ferries were out of service due to maintenance, George was temporarily reinstated as the mailman.

In 1882, leaders of the Phillip Island community began petitioning the Victorian Government to request telegraph facilities for the island. Although initial petitions were unsuccessful, a local Council deputation to Spring Street achieved better results. In May 1884, tenders were called for the construction of a landline from Cranbourne to Griffith Point (San Remo). From San Remo, an aerial line was suspended over the Eastern Passage to Newhaven, followed by another landline to Cowes. The aerial line was supported by two 50-metre wooden masts, each weighing nearly 10 tons, erected on either side of the 560-metre-wide passage. These masts provided a clearance of 35 metres above high water, allowing sailing vessels to pass safely beneath the wires.



The second Cowes Post Office - across the road from the Wests' Store

With the introduction of telegraphy, the Cowes Post Office was relocated from West's General Store to a weatherboard house across the street, leased by the Victorian Government in 1885. This move marked the elevation of the Cowes Post Office to 'Official' status, meaning it was now operated by the Government.

This change was necessary as it became clear that John West lacked proficiency in telegraphy.

Mary Knights was appointed as postmistress and telegrapher at the beginning of 1885, and three months later, the responsibilities of managing a Post Office Savings Bank were added to her duties. Mary remained in her role until 1887, working alongside a telegraph messenger. Over the next seven years, several postmistresses served in the Cowes Post Office, each earning an annual salary of £84.

In 1894, Rosa O'Connor took over as postmistress, during which time the Cowes Post Office was downgraded from 'Official' to 'Semi-Official' status. This change meant that the Post Office was now operated under contract with the Government. It was during Rosa's tenure that the six Australian colonies united to form the Commonwealth, each of which had previously managed its own postal services and issued its own stamps. With Federation in 1901, the Commonwealth established the Postmaster-General's Department, which unified the colonial mail systems and replaced the individual colony stamps.

Rosa O'Connor served as postmistress for thirteen years until her retirement in 1907. With her imminent retirement, the Federal Government advertised for applicants willing to manage the Cowes Post



and Telegraph Office under contract. The successful applicant would be required to "perform all duties in connection with the Post and Telegraph Office, Money Order Office, Savings Bank, deliver telegrams, clean and renew local and main batteries, when necessary, provide office accommodation, convey mails to and from the Post Office and the Steamer at Jetty, and attend to the Telephone Bureau, if required," all for an annual payment of £119.

Phillip Island and District



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Phillip Island & District Historical Society

PART TWO - From 1907 to 1997

In 1907, Emily Lyster became the successful applicant to take over the responsibilities of the Cowes Post Office. At that time, the post office was still operating from the weatherboard home on Main Street (now known as Thompson Avenue), directly opposite what was now called the Robb Bros. General Store and the original post office.



The West's kiln which was demolished for the bricks for the new post office building in c. 1907

As postal services on Phillip Island advanced, the need for a more substantial post office became apparent. In 1909, Emily Lyster, postmistress, requested that the Commonwealth Postmaster-General's Department move the post office to a more convenient location with a clear view of incoming vessels.

Coincidentally, around 1907, the beautiful chicory kiln owned by the Robb brothers, located next to their General Store and originally belonging to the Wests, was demolished. The bricks from the kiln were recycled and a new building at the corner of Thompson Avenue and The Esplanade, was to be constructed on land owned by the Robb Bros.



The building constructed from the bricks from the West's kiln which became the third Cowes Post Office.

The Postmaster-General's Department agreed to Emily's request and leased the newly constructed property from the Robb Bros for an annual rent of £38.

The Cowes Post Office, still classified as "semi-official," was relocated to its new premises with a splendid view of the Cowes jetty in about 1910.

Telecommunication services on Phillip Island continued to improve, with the aerial telegraph line between San Remo and Newhaven, which had served for more than a quarter of a century, being replaced by an underwater cable in 1910.

Due to the increase in holiday tourism during the Christmas and Easter periods, the 'semi-official' post office in Cowes was able to employ two additional staff members. At this time, postage stamps were a significant source of revenue for the post office. It's interesting to note that various postage stamp series introduced by the Commonwealth from 1913 remained valid for postage until February 14, 1966, when the introduction of decimal currency rendered all stamps bearing pounds, shillings, and pence invalid for use.



After a decade of service, Emily Lyster retired in 1917, and Mary Cleary, an experienced postmistress from Gisborne, took over the role.

Almost immediately, Mary faced criticism for closing the post office at the usual time, despite the mail boat's late arrival. She was instructed to keep the post office open until all mail had been sorted, regardless of how late the boat was, including on Sundays. Mary remained in her role until 1921, the year when the first telephone exchange was established in Cowes.

Percy Dean served as the postmaster who guided the Cowes Post Office through its final years as a semi-official (contract) operation before it was once again elevated to 'Official' status at the end of 1946. The post office remained in the same building, still leased from the Robb family, for nearly fifty years, until 1959.

In 1959, under the leadership of Postmaster Herbert Quinn, the Cowes Post Office moved for the final time to a modern,



The new purpose built Cowes Post Office from 1959.

purpose built facility in the centre of Cowes on Thompson Avenue, where it remains to this day.

In 1972, the old post office building on the corner of Thompson Avenue and The Esplanade was renovated and transformed into the pizza restaurant 'Isola di Capri.' The only remnants of the building's history when it was a post office are the chimney and a plaster arch in the restaurant's kitchen, which hint at the structure's original age.

Bruce Proctor, bringing 30 years of postal experience, was appointed Postmaster in 1983. Understanding the importance of customer service, Bruce ensured that the Cowes Post Office became the first in Australia to achieve 'Aussiehost' business status, with all staff receiving specialized customer service training. In 1994, under his leadership, the Cowes Post Office also became one of the first in Victoria to be converted into a retail shop, a transformation that included a major renovation and underscored the area's growing prominence as a tourist destination. Bruce retired in 1997, leaving behind a legacy of innovation and service excellence.

The history of the Cowes Post Office is a reflection of the growth and evolution of Phillip Island itself, from a small, isolated community to a bustling tourist destination. Over the years, the post office has adapted to changing times and technologies, moving locations, and evolving from a humble weatherboard home to a modern retail outlet. Yet, through all these changes, it has remained a vital hub for the community, serving not just as a place for sending and receiving mail, but as a landmark that connects the past with the present.

Postmasters of the Cowes Post Office:

| | |
|-------------------|-------------|
| John West | 1869 - 1884 |
| Mary Knights | 1885 - 1887 |
| Mary Hettich | 1887 - 1888 |
| Emily McFadzean | 1888 - 1889 |
| Ethel Argyle | 1890 - 1891 |
| Lucy Gibson | 1892 - 1894 |
| Rosa O'Connor | 1894 - 1906 |
| Emily Lyster | 1907 - 1916 |
| Mary Cleary | 1917 - 1921 |
| William Patterson | 1921 - 1931 |
| Thomas Clancy | 1931 - 1935 |
| Percy Dean | 1935 - 1946 |
| Keith Mack | 1946 - 1959 |
| Herbert Quinn | 1959 - 1961 |
| George Birkett | 1961 - 1963 |
| Frank Spencer | 1963 - 1983 |
| Bruce Proctor | 1983 - 1997 |



Residential Property in Superannuation – it's not all a bed of roses

A few years ago the Federal Government changed the rules to allow superannuation funds to borrow in order to increase their investment exposure. Along with the removal of the restrictions came very strict conditions to which any borrowing is subject, and severe penalties should any of those restrictions be found to be ignored. The most notable type of asset that has been promoted to Self Managed Superannuation Funds (SMSF's) to borrow to buy is, of course, property. This has resulted in a "buy property in superannuation" mentality that has contributed in no small way to keeping property values higher than would be expected. However, just about any asset that can be independently valued can be bought with borrowed funds – shares, instalment warrants, unit trusts and such are all OK with the Australian Tax Office which controls the SMSF industry.

So, what are some of these restrictions?

The first is that the debt can only be secured against the asset being bought. It can't be secured with any other assets held by the fund. In other words the lender has limited recourse to the fund. With shares this is a simple matter – borrow \$100,000, buy \$100,000 in shares. Property is more difficult and more expensive. We now have limited recourse borrowing agreements that need a separate trust to be established to hold the asset and the trust holds the debt. The debt is secured by the SMSF. The extra paperwork and legal requirements mean that the costs can be increased by between \$5,000 and \$30,000 depending on complexity and the solicitor used.

If the loan defaults the lender only has recourse to the assets held in the trust. Of course if the loan defaults any money put up from the Super Fund is also likely to be lost too.

There are other restrictions as well. The one that most people seem to either ignore or are unaware of is that the asset may (must) be maintained but cannot be improved or changed while subject to the loan. In other words, if you buy a house you can't add anything to it. You can't replace a single carport with a double carport, you can't extend it and you can't remodel the interior by changing the layout in any way. Technically you can't replace a

tile roof with an iron one. What you buy is what you keep. If the asset has two titles you can't sell one, or develop it or use it for anything except maybe parking (don't concrete it though) or a veggie garden while the loan is in existence. The same applies to other asset classes although shares do offer some greater flexibility in terms of selling to repay the loan and keeping any left overs".

You can't buy from your family, or let your family rent it, or even your business associates. That's against the law, too. And the penalties for breaking the law are severe – the fund's total value may be taxed at the highest rate, the trustees may be penalised both with fines and the requirement to make good any losses in the fund. And the ATO has determined that it wants to audit SMSF's at least every three years.

There is another problem, too, that a real estate agent will often fail to mention. If you retire at age 65 and convert your super fund to a pension fund it will need to pay a cash pension of 5% per year minimum. Residential property is being sold presently for yields as low as 2%. Where will the other 3% of the fund's value come from to pay the pension? The property may need to be sold regardless. This will almost certainly be the case in any SMSF that uses residential property as it's main asset class and just one more reason why the ATO and ASIC agree that residential property is a looming disaster for many SMSF investors.

And then there are the costs – stamp duty, legal fees, extra trusts, insurance, rates and especially interest. A \$750,000 property on a deposit of \$225,000 mortgaged for 25 years at 7.36% will lead to interest costs of more than \$624,000 over the term of the mortgage (figures from NAB). With opportunity costs included and ongoing holding costs it's likely that your investment will need to nearly triple in value in that time just to break even That's really negative gearing.

Yes, there is a place for property in a super fund, but in ordinary times mortgaged residential property really doesn't really add up to the best way to go.

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Planting Winter grown tomatoes out NOW...

OK, so last issue we spoke of deep planting and touched on the use of some natural components to keep disease at bay and strengthen your seedlings. A friend of mine has a son who is a horticulturist, and knows a heap more about plants than me. We often get into discussions on the pros and cons of growing tomatoes. He says all you need is well drained fertile soil and good compost and has never heard of some of the practices I use, particularly with turmeric. Well unfortunately some of the third world countries in Asia and the Middle East do not have access to either of the above, often working with poor clay based soil devoid of many nutrients.

So for decades they have turned to natural compounds, often grown by themselves (Turmeric, Garlic, Rice Flour) and possibly egg shells. Whatever manure they could find, be it buffalo, cow or perhaps fowl. No factory produced fertilizers or sprays; just the natural stuff that's available.

I have the good fortune of having a couple of ladies living opposite me who have horses, so I have a ready supply of good horse manure from the paddock. Unlike the big hardware stores that sell millions of seedlings raised with those fertilizers and sprays, mine are totally organic, grown from heirloom seeds obtained from all over the world. My latest additions are Syrian Giant and Big Pear, the latter originating from Russia. These tomatoes have stood the test of time in cold, harsh climates. Temperatures in my green house have plummeted to 4-5c some nights, and somehow my seedlings have survived.

Today they are out on tables enjoying the sunshine and fresh coastal air. I have given them all a spray of milk (1 part milk, 10 parts water), turmeric (1 heaped tea-spoon) and 3x soluble aspirin.

Aspirin for strengthening their defence system, milk for calcium and other goodies, turmeric for anti fungal properties. They will get this mixture once every 3-4 wks. On the larger pots, and the ones I have planted already, a sprinkling of baking soda (bi-carb soda, same stuff) to make the soil a little more acidic by lifting the PH value. Do not overdo this, keep the powder away from the plant stem as it will burn it. Bi carb soda is about PH 8, horse manure about 8.5. By raising the PH to a little acidic you prevent the air and soil borne spores of septoria etc taking hold. Trimming off the lower leaves and branches keeps the leaves from making contact with the soil, also helping to eliminate the chance of soil borne diseases transferring to your plant.

I have a presentation of tomatoes and orchids (Cymbidium) booked for the Day Club at the RSL Cowes on 16th of September. I will be selling both on the day. However if you are not a member or can't make it, you can contact me direct.

I have six plants already in the garden, getting a good start to the growing season. My next article will include pics of established plants, and keeping our fingers crossed, an excellent crop of organically grown fruit!



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

Let's get cooking
Simple and delicious recipes from
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BEEF WELLINGTON

WHAT YOU NEED:

- 1 Cup Mushrooms, chopped
- 1 Onion, chopped
- 2 tablespoons Dijon
- 1 whole centre Eye Fillet
- 8 slices Prosciutto



- Pinch Thyme
- 100g Butter
- Block Puff Pastry

WHAT TO DO:

Fry Eye Fillet in a hot pan to brown. Remove to cool. Then place Mushrooms, Onions and Thyme in food processor and blend until smooth. Add to a fry pan with melted butter and fry until all moisture has gone then set aside to cool. Place Prosciutto on cling film. Cover with Mushrooms. Place Eye Fillet on top and roll with cling film to form a sausage shape then place in fridge to set. Roll Puff Pastry into a square. Place Eye Fillet on top then roll again to form sausage shape then place in fridge to set 30 minutes. Brush with egg wash and place in hot oven 180 degrees for 45 minutes or until golden brown.



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Phillip Island Camera Club - Keys to photographing historic places

From time to time, we enjoy visiting historic locations. Such visits give us insights into what life was like in bygone days and how things – particularly technology and processes have changed over the years. Old historic buildings, domestic household items, military, transportation, farming and telecommunications equipment tell stories of the past and can increase our historical appreciation and awareness. We enjoy capturing historic environments on our cameras to look back on as a memory of our visit and to remind us of yesteryear. On Phillip Island, we are lucky to have access to Churchill Island Homestead and Heritage Farm and the Vietnam Veterans Museum and a little further afield, the State Coal Mine at Wonthaggi and Coal Creek Community Park and Museum* in Korumburra.

A few tips for photographing in historic locations include getting familiar with what can be found there, spotting details and listening and talking to workers or volunteers about sites, items on display and their stories. This awareness will help you choose subjects to photograph. Knowing how to take your camera off auto mode and take full control over the shutter speed, aperture and ISO will enable you to have more control over your images to create a specific look. For example, you may want to take moody dark shadowy shots, or want to blur a busy background.

Take lots of shots from varying viewpoints and review your photos when you get home to see what worked. The more you shoot, the better your chances of getting some keepers! Consider composition and think about framing of the shot. Lighting can make or break an historic shot. In an interior, natural lighting from a side window can effectively enhance your images. If shooting outdoors, remember that different types of weather can give your photos a different feel. Early morning and late evening sun are best if you want rich warmth and



Both images were taken by Gary Parnell at Coal Creek. Gary shot the images on a Canon R5 with 16mm Canon F2.8 Prime Lens. Camera settings for this image were ISO 1600, F13, 0.4 seconds handheld.



Image by Gary Parnell. Camera settings were ISO 1600, 1/13 seconds F5.6 handheld. Gary made good use of the window light to enhance the historic feel of the image.

soft lighting. Overcast days may offer a dramatic look.

Consider whether you need to use editing tools to enhance your images. Would the image look better in monochrome (black and white) or does it look best in colour? Does it need to be cropped to get rid of parts of the photo that are not essential to be included?

The most important thing is to have fun as you capture history through your lens.

Gary Parnell, a member of the Phillip Island Camera Club, recently visited Coal Creek and his images appear at left. He would usually shoot interior historic site images using a tripod, and an ISO of 50 – 100 and around F8 but due to location, circumstances and time constraints, shot the images handheld. One of the editing presets Gary used in Lightroom is 'Old Style' followed by Topaz AI to remove the noise. He also added a little sepia tone to provide an aged look to the photos.

*If you happen to visit Coal Creek within the next few weeks (until 17 September), please visit the Gippsland Camera Clubs' Photographic Exhibition while you're there. On display are 60 images: ten from each of the Latrobe Valley, Sale, South Gippsland, Warragul, Phillip Island Camera Clubs and the East Gippsland Photographic Society. All images were photographed in Gippsland.

Both images are copyright of the photographer. Thanks to Gary Parnell for the images and accompanying information.

For more information about the Phillip Island Camera Club email Graeme phillipislandcameraclub@gmail.com or phone 0407 092 352.

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



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

The Case of the Curious Postage Stamp

Leroy was angry and fully prepared to reprimand someone. This morning he'd heard that the post office in Cape Town was issuing a new stamp, celebrating the career of his great-great grandfather. This could never have happened on Phillip Island, his former residence, he thought wryly. Still, it would have been wonderful news, quite wonderful indeed, except that the new Sherlock Bones stamp was to be part of a series commemorating fictional heroes. A totally fallacious conclusion. Leroy walked measuredly into the main post office building, only to see three other people at the counter, yelling at the city's local postmaster.

One of the customers was Koos Pistorius a burly former Springbok rugby player as well as being his next-door neighbour on Maple Street.

Koos waved him to join them.

'This is Leroy Cunningworth,' he announced to the others. 'From Phillip Island near Australia, where they race fancy Formula One cars and have very small penguins,' and for added credibility he went to say somewhat professorially: 'Leroy is a famous detective, like in the Agatha Christie books.'

'Leroy, we need to find out who rents P.O. Box 447.'

'I cannot divulge that information,' the postmaster said with a shrug.

'Why do you need to know?' Leroy asked his neighbour.

'Can we trust him?' whispered the woman in the group.

'Absolutely,' Koos said. 'Remember he's an international private detective!'

The three took Leroy aside to privately explain their predicament.

'I received an anonymous letter this morning,' said the woman. She had introduced herself as Akona. 'It was blackmail. The snake knew things about me. Bad things. The letter told me to send five hundred grand a month to Post Office Box 447. I came right over here to find out who it is.'

'I had the same experience,' said Koos with obvious

embarrassment. 'I don't know how the blackmailer found out. When I got here, I found Akona already trying to get information about the box.'

'I got here a minute or so later,' said the other man. 'My name's Lorenzo. And don't tell us to go to the police. I'd rather pay than have the police find out about me.'

'How do you think the blackmailer discovered your secrets?' asked Leroy quietly and reassuringly.

'I don't know,' said Akona. 'We're all strangers to each other. We might have been involved in the same sort of activity—the thing we're being blackmailed for—but that's just a guess.'

Leroy was intrigued by the situation and intuition suggested there was more to this blackmail story than met the proverbial eye.

'Even if you discover the black-mailer's identity, it won't do you any good, not unless you go to the police. Let me call Inspector January from the Constantia police, I hear he is very good at unravelling this sort of thing.'

'Maybe we can do something,' said Koos darkly. 'Maybe we can take matters into our own hands.'

Lorenzo nodded.

'If you have any ideas on how to catch him, Mr. Cunningworth, just tell your neighbour here. We'll give him our phone numbers.'

Leroy was worried. His cerebral antennae suggested to him foul play was afoot. The same evening, he heard about the murder on the news.

His next-door neighbour, Koos, had been found shot dead in a downtown alley near the waterfront. According to the local newscaster, there had been a struggle, and Koos, who would be warmly remembered for scoring three tries in Auckland against the All Blacks had died in the struggle. Inspector January had confirmed the former Springbok had been shot at close range with his own gun. Leroy flipped off the TV and sat in the dark, thinking. Had Koos really done what he'd threatened? Had he discovered the black-mailer's identity and gone after that person with a gun? The ace criminologist thought for a few more minutes, then reached for the phone.

'Inspector January? I think Koos Pistorius was murdered. And I'd like to help out if I may.'

WHO DOES LEROY SUSPECT? WHAT AROUSED HIS SUSPICIONS?

(Solution page 15)

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Book Reviews

**By Turn The Page Bookstore,
40A Thompson Avenue,
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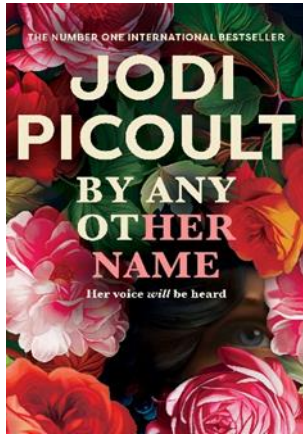
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By Any Other Name

By Jodi Picoult

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What if the greatest writer of all time isn't who we think he is? In 1581, Emilia Bassano is allowed no voice of her own. But as the Lord Chamberlain's mistress she has access to the theatre and finds a way to bring her work to the stage secretly. But creating some of the world's greatest dramatic masterpieces comes at a cost: by paying a man for the use of his name, she will write her own out of history. His name? William Shakespeare. In present day Manhattan, playwright Melina Green has written a new work inspired by the life of her Elizabethan ancestor Emilia Bassano. Although the challenges are different four hundred years later, the playing field is still not level for women in theatre. Is Melina-like Emilia-willing to forfeit her credit as author, to see her work performed?

No.1 New York Times bestselling author Jodi Picoult has written a sweeping tale of ambition, courage and desire that explores the ways in which two women, centuries apart, are both forced to hide behind another name to make their voices heard.

'Jodi Picoult is that rare, one-in-a-million writer whose books both squeeze your heart and expand your mind.' Emily Henry.



Girl Falling

By Hayley Scrivenor

Price: RRP \$34.99

**(10% discount to
registered customers)**

'An enthralling excavation of truth, with a vivid, human heart.'
Benjamin Stevenson.

Why would my best friend want to destroy my life?

Finn and her best friend, Daphne, have grown up together in the Blue Mountains. Bonded by both having lost a younger sister to suicide, they've always had a close - sometimes too close - friendship. Now in their twenties, their lives have finally started to diverge: Daphne is at university and Finn is working in the Mountains, as well as falling in love with a beautiful newcomer called Magdu. Unused to sharing Finn, Daphne starts to act up in ways that will allow her to maintain the control over her best friend she's always relished. Then, one fateful day, Finn, Daphne and Magdu all go rock-climbing - and Magdu falls to her death. Is it suicide, or a terrible accident - or something more sinister? Bold, dramatic and utterly compelling, Girl Falling forces us to confront the stories we tell ourselves about the people we love. Displaying all of Hayley Scrivenor's razor-sharp skills for character, landscape and narrative, this is a breathtaking read.

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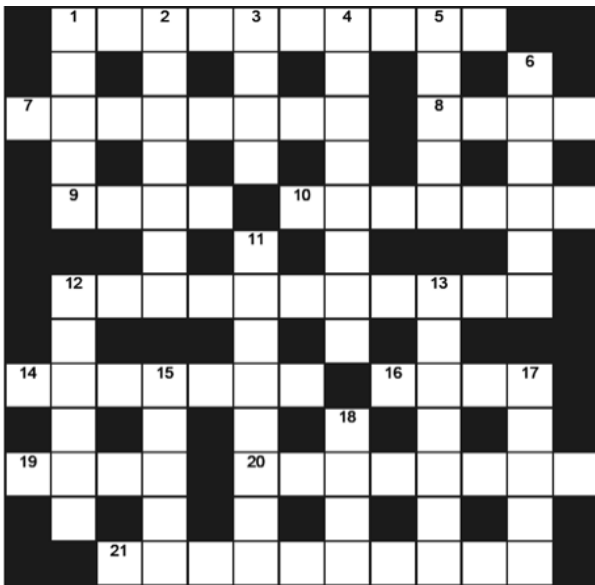
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Brain Food

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



Vibe Quick Crossword

Across

- 1 Greeting (10)
7 Cardigan (8)
8 Test (4)
9 Stalk (4)
10 Receives (7)
12 Stop (11)
14 Groups (7)
16 Feral (4)
19 Cut (4)
20 Fantasised (8)
21 Large animal (10)

Down

- 1 Dodgy ventures (5)
2 Climbing tools (7)
3 Pulls (4)
4 Perseverance (8)
5 Very overweight (5)
6 Fight (6)
11 Unity (8)
12 Lovingly (6)
13 Louder (7)
15 Trap (5)
17 Arranged fights (5)
18 Powder (4)



TRIVIA

1. Who discovered penicillin? 2. What was the name of Long John Silver's parrot? 3. Under what name did singer Georgios Panayiotou become famous? 4. What are the names of the two astronauts stranded in space until February? 5. At which local retail store are Block contestants purchasing their bedroom linen? 6. What part of an egg is used to make hollandaise sauce? 7. What gelatinous substance is used as a laboratory culture medium? 8. Epilation removes what? 9. What was operatic tenor Caruso's first name? 10. Which team finished on top of the AFL ladder this season?

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

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

Whodunnit Solution - The Case of the Curious Postage Stamp

Leroy arrived at the Constantia police station in a state of agitation and marched straight in. Inspector January was surprised at the uninvited intrusion but had a great respect for the detective's published exploits, although he knew little of the sleuth yet, and preferred to say nothing and beckoned him to be seated. The inspector was an impressive looking African man and greatly respected by his officers and superiors. Higher office was not far off.

'I blame myself,' Leroy said with uncharacteristic agitation, before the inspector could even say hello.

'Kooos was my neighbour. I should have been able to piece it together.'

'Don't blame yourself,' January said with a calmness that was almost unsettling. You don't want your judgment to be clouded by personal recriminations.' Leroy studied him. He felt instinctively they would be a formidable team, if and when Leroy was called on to assist.

'You couldn't have known Mr. Pistorius was being blackmailed.'

'I did know,' Leroy said, now as calm as his colleague.

'Oh.' The Inspector looked surprised. 'Do you know why? We found the deceased's diary. Turns out he torched his company's building last year to collect on the insurance. No one knew except for the person blackmailing him.'

'I didn't know about the arson,' Leroy admitted. 'But the blackmailer calls himself Lorenzo. Kooos knew this and went to attack him. I imagine Lorenzo acted in self-defence.'

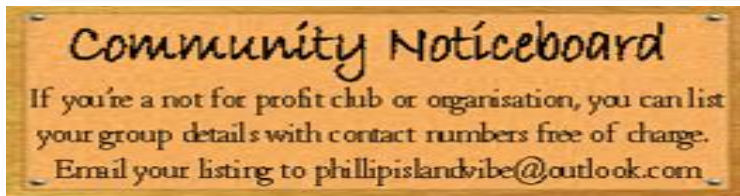
'Interesting,' said the Inspector. 'What do you know about this Lorenzo?'

'I can describe him,' Leroy said. 'I assume he used to work for the arson squad. That's how he knew about the fire. For whatever reason he was also blackmailing the woman named Akona whose theory behind a blackmailing was surprisingly intuitive. I believe that when he went to check on his post office box, he found Kooos and Akona already there, so he pretended to be another victim of the blackmailer.'

'And how did Kooos know about Lorenzo?' asked the Inspector, obviously warming to the detective's conclusions and power of deduction.

'That's the part I should have known. After Kooos introduced us, Lorenzo knew I lived on Maple Street. Lorenzo supposedly knew nothing about Kooos or where he lived. They were all strangers. And yet Lorenzo called us neighbours. He somehow knew that Kooos lived on Maple, too.'

The Inspector arrested Lorenzo who confessed after being interrogated.



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. Hall available 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 meets on the second Monday of each month at 1:30pm in the conference room at the National Vietnam Veterans Museum, 25 Veterans Drive, Newhaven. We support children and communities here and overseas, as well as working to alleviate crises such as world hunger. We welcome new members. Please contact our Secretary: piworldvision@gmail.com

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

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

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.

Tough Guy Book Club Phillip Island chapter meets first Wednesday of the month at 7:00 p.m. New Venue, Ocean Reach Brewing 47 Thompson Ave, Cowes. For more information see www.toughguybookclub.com

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

Phillip Island TOWN Club Weight Loss Group Thurs 9-11.00am, 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. 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.vietnamvetsmuseum.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 CWA Shop, 94 Thompson Ave. Cowes. 1pm Ph Penny 0437 042 084 Cowes CWA 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

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 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 Library 92 Back Beach Road, San Remo. Hours Mon - 10am-5.30pm, Tues closed, Wed 10am - 1pm, Thurs closed, Frid 10am - 1pm and Sat 9.30—1pm. Phone 5644 3320

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. All varieties of craft such as Embroidery, Beading and Knitting. 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. 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 Phillip Island and San Remo Our enthusiastic members are all committed to having fun and building friendships whilst providing humanitarian community service to our local community, Australia wide and internationally. A cornerstone of our fund raising is our Cowes Op Shop. Enquiries, new members and volunteers always welcome. Call President Gea Lovell 0438 002 181, or Tim Mullen (Op Shop) 0412 399 140

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.

Bass Coast Kinship Support Group We meet at the Ventnor Recreation Reserve on the Second Tuesday of each month from 10am to 12pm. All Kinship Carers are welcome! Contact Anita 0475 740 927

Phillip Island Community Art & Craft Gallery Contact Secretary Aleta Groves 0419525 609, email info@phillipislandgallery.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.

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.

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



Health and Healing with Pip

Will ANY water do?

As I swam in the Adina hotel pool in Melbourne city this morning, I wondered if the water here was doing me as much good as the ocean around Phillip island.

You know that I have been banging on (super passionately) about the benefits of cold water ... mentally, physically, emotionally and spiritually. And I am wondering if ANY water will do?

Do different types of water give you different benefits? My intuition says yes... but.

The most obvious thing is that the water in the pool has chlorine ... not so great for the human body ... but ... the feeling of the water supported and soothed me, the sound of the water calmed my mind, and the movement of swimming settled and grounded my body. Then I washed the chlorine off (in the cold shower). The pool was a balmy 28 degrees. Come on! You know I needed my cold water fix.

In comparison the water in the ocean has salt and sand ... and this is the interesting part. The ocean gives you some extra bonuses. The sand is the grounding part. The element that brings you back to your centre. The sand is your own personal (completely free) soul alignment device. Stand on the sand with bare feet and feel its rejuvenating properties. You can get similar effects from grass and dirt.

And then there's the salt water, ... being in (or near) the ocean can help regulate your muscles and nerve functionality, moderate blood sugar levels and even improve your sleep.

Don't you love how you can even get the benefits being NEAR the ocean.

Here are some more benefits:

Relieves muscle stiffness and pain.

Soothes eczema.

Helps to manage stress and anxiety.

Relieves headaches.

Alleviates joint inflammation.

Helps with itchy and dry skin.

And my Chinese Medicine doctor recommends drinking water with high quality Celtic Sea salt because "...sodium and chloride found in ancient salt can keep your electrolytes carefully balanced throughout the day—helping your muscles and nerves perform optimally."

So, yes ocean water beats pool water due to the salt and sand elements ... but any water is still better than none.

Swim in it. Drink it. Stand near it.

I always love to chat about cold water dipping and natural ways to heal your mind, body and spirit.

If you feel that the rivers, or lakes, or other bodies of water give you different benefits and / or energies, please share your thoughts.

You can reach out any time at pipcoleman@yahoo.com.au

Happy Spring my friends!!!

Blessings Pip

PUZZLE SOLUTIONS



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

- ### ANSWERS TO TRIVA QUESTIONS
- Sir Alexander Fleming
 - Captain Flint
 - George Michael
 - Butch Wilmore and Suni Williams
 - Linen House
 - Yolk
 - Agar
 - Hair
 - Enrico
 - The Sydney Swans



Breath testing drivers all year round

Police are out there to keep our roads safe. If you've been drinking, don't drive. Getting caught with a Blood Alcohol Concentration (BAC) of 0.05 and over will result in loss of licence and significant fines. Chances are you will be caught.

Anywhere. Anytime. Anyone.



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