

# PHILLIP ISLAND VIBE

Free

phillipislandvibe@outlook.com

P: 0407 266 271

www.phillipislandvibe.com.au



July 2024



Another submission by a local and talented photographer, Alvin Nichols. Hard to beat a sunset shimmering on the water. Thanks Alvin. A reminder that the Island Whale Festival will be held July 5-7. islandwhales.com.au for all the details.



**RICK NORTH**  
PH: 03 5678 5190  
FAX: 03 5678 5191  
office@picra.com.au  
AU22840



**COMMERCIAL & DOMESTIC  
SERVICE, INSTALLATION, MAINTENANCE  
AND SALES**

**ANIMAL TALES**  
PET SUPPLIES  
**20% off all Acquatics range  
including live fish**

Standard store stock only - no special orders

Shop 2,  
148 Thompson  
Avenue, Cowes.  
Ph 5952 5516



## Sorohan Plumbing



Your plumbing  
maintenance  
specialists

Phone Dave  
0487 921113

sorohanplumbing@iinet.net.au



35 Coghlan Road, Cowes Ph 0409 817 209  
Monday to Friday 9am - 5.30pm and Saturday and  
Sunday 9am - 4pm



## WINTER SPECIAL

Get in now before the big chill sets in!  
Supply and installaion of a 7kw Panasonic reverse cycle  
inverter split system. Fully installed only \$2750\* plus gst  
\*Conditions apply



Call us on 1800 931631

Your local & friendly, experienced team specialising in installation  
of heating and cooling systems, committed to providing quality  
service for your residential home or commercial business



# 2025 Year 9 Scholarships

The Year 9 Environmental program embodies our commitment to an innovative and immersive curriculum. Students' curiosity is ignited as they deepen their academic knowledge while their personal growth is nurtured.

Newhaven College is calling for applications for all students entering Year 9 in 2025 who are able to demonstrate outstanding abilities across a broad range of areas including academic, sporting, performing arts, leadership and community involvement.

To find out more contact our Admissions Officer via email: [admissions@newhavencol.vic.edu.au](mailto:admissions@newhavencol.vic.edu.au)



**NEWHAVEN  
COLLEGE**

1770 Phillip Island Road,  
Phillip Island, Victoria

[newhavencol.vic.edu.au](http://newhavencol.vic.edu.au)



## DOLLARS AND SENSE BY DAVID WELLS

### Credit Card or Buy Now Pay Later?

We all know how things are getting more and more expensive every day – even while the official numbers show that inflation is easing. Many of us are yet to see hard evidence of that in anything other than seasonal produce where there's been no floods. Food, power and building materials have all risen and are still high. While inflation peaked at the end of 2022 and has fallen from 7.1% to the current estimate of 3.2% at the end of June, interest rates are likely to remain high to at least the end of this year. With 25% of Australian households not having a mortgage (hello "Boomers") interest rates are a very blunt instrument that are meant to cause pain. That's no solace to those who are hurting.

If you have a mortgage you are facing more stress as home loan rates have almost doubled in the last two years from historically low rates. That has added nearly \$1,200 per month to the average Victorian mortgage in the last two years. More than \$14,000 each year is a lot to find when incomes haven't kept up. Power bills have in many cases more than doubled in the same time and insurance has also sky rocketed – we've seen as much as 40% annual increases even where there has been no claim. While things aren't as bad as 1990 when interest rates hit 17% and more it's still very hard for most people and many are doing it tough, very tough.

People are managing by reducing optional expenditure such as dining out, taking holidays, purchasing presents and household furniture making things even harder for those in those industries such as hospitality, retail and entertainment.

While day-to-day expenses can be managed for most people, now that savings are dwindling many people have less to fall back on when a disaster strikes. An emergency dental or medical bill can be many thousands of dollars, as can a car repair especially when the insurance premium was unaffordable. My dog, Gryphon, has proven just how expensive a veterinarian's bill can be – especially when even with insurance out-of-pockets can be more than \$1,000 for simple procedures. Insurance that rose by 50% at last renewal really only covers accidents. So where do you turn in an emergency? The first choice is a credit card

usually and the second choice is probably a "Buy Now Pay Later" arrangement. Both have their advantages and disadvantages. Since the Haymes Royal Commission the banks and the government have tightened lending rules but credit cards are still flexible, still very expensive if not paid off each month and given that the whole purpose of a bank is to lend you money and charge you interest there is also a conflict of interest (pun intended) between the borrower and the bank.

For a start there is a card limit which may or may not be sufficient to cover the expense in total – some cases would require a substantial limit indeed and your income and expenses may not qualify you for a limit increase. Then there's the interest free period of only one month, after which interest rates can be 25%. To cover a new \$10,000 car repair could mean an interest bill of more than \$200 per month (more than \$2,400 p.a.) and then there's the loan to pay off as well... If you need to put it all on the card then it's likely there will be financial pain following at some stage. The repayments will need to come from somewhere and if things are hard then that's a difficult issue. It's the same with a beloved "fur baby". You take them to the vet and say "fix Rover" and then face the music later. The music may not be what you want to hear but you do it to the best of your financial capability anyway.

An alternative is the Buy Now Pay Later offerings from companies like Zip, Open Pay, Klarna and to a lesser extent, AfterPay. They are all useful if you can cover the expense in 4 not necessarily easy fortnightly repayments as the costs are less than running an on-going balance on a credit card. In the case of Zip and Open Pay there are options to take a larger loan and repay interest free over longer periods. These are not free by any means. There is a monthly administration fee and if a repayment is missed for any reason the account would be frozen until brought up-to-date. Penalty interest rates can be 25% or more, too. If there's an available balance on the line of credit then that can't be accessed until all overdue amounts are paid – you can't grow your debt if you can't pay it back, unlike a standard credit card that's not maxed out.

The BNPL cards allow you to work out what you can afford each month and cut your loans to suit. They don't charge you the earth as long as the minimum is paid. Paying the minimum can take 16 years to pay out a credit card – it will be vastly faster with a BNPL. Do your own investigation of your options before entering into any credit contract. Don't borrow more than you can reasonably afford and allow a safety margin in your calculations too. There is never any free money available. Never borrow on one card to make repayments on another card and if you have difficulty in making any repayment speak to your lender immediately. They want to help and they, too, don't like losing money. Never be too embarrassed to ask for help.

*Data is sourced from the RBA and ASIC Money Smart. David Wells has a small credit line with Zip and some of his clients own Zip shares.*

## Your local share broker and adviser

- Do you have Managed Funds either in or out of your Self Managed Super Funds?
- Do you want an investment for your children or grandchildren?

Available for appointments in Melbourne, Warragul or wherever you prefer. Call me to discuss investment alternatives that could really work for you.



**David Wells MSAA**  
Senior Investment Adviser

Shaw and Partners  
Level 36, 120 Collins Street  
Melbourne VIC 3000

Telephone: 03 9268 1157  
Mobile: 0414 234 770

[dwells@shawandpartners.com.au](mailto:dwells@shawandpartners.com.au)

Wealth Management | Global Investing | Portfolio Management | Investment Advice for SMSFs

Your partners in building and preserving wealth  
[www.shawandpartners.com.au](http://www.shawandpartners.com.au)

AFSL 236048

**Shaw and Partners**  
Financial Services



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

### Murder in a Winter Wonderland

*"Later on, we'll conspire, as we dream by the fire, to face unafraid, the plans that we've made, murder in a winter wonderland" - Leroy Cunningworth.*

Mt. Buller, an alpine wonderland nestled high on the ski fields not far from Melbourne, seemed like the perfect getaway. Leroy Cunningworth, an amateur sleuth, and his policeman friend, Inspector Jack Flint, both from Phillip Island, were there one weekend to test their mettle as skiers and to have some fun. Little did they know, their après-ski activities would include solving a murder.

Angela Jones, a millionaire fashion queen, was not in a good mood. She had invited four of her most snobbish friends for a weekend at her chalet in Mt. Buller. Shortly after their arrival, a blizzard buried the roads in half a metre of snow. The group welcomed the snowfall, with the chalet well-stocked for a cozy weekend indoors. However, things took a dark turn early on Saturday when one of Angela's guests, Priscilla Gillespie, died of a heart attack while warming up on a stationary bicycle.

Angela considered this a great inconvenience. Doug Jones, Angela's husband, called the nearest village and was told a hearse would come to claim the body once the road was ploughed. "Tonight, Mr. Jones. Or tomorrow - as soon as the road is cleared. Our deepest condolences," said the voice on the other end of the line. No one skied that day.

That afternoon, Angela sat in the lounge with her only remaining female friend, Blossom Flower. "I hope you don't mind Priscilla being in the bedroom next to yours," Angela said. "We had no other place to put her."

"Of course not," Blossom replied, wrinkling her pretty nose and checking her watch. "I can't believe poor Priscilla. I'm almost her age. We're not that different. If she had a heart attack..."

Blossom's husband, Gregory, approached from their bedroom, interrupting her rare moment of reflection.

"I think I need some fresh air," Blossom said nervously and wandered out into the main hall.

Ten minutes later, Gregory led Angela and the chalet's handyman to his and Blossom's bedroom at the back of the main floor.

"There's this leaky pipe under our sink," he explained as he unlocked the door. The bedroom was cluttered with Blossom's array of beauty aids.

Angela was the first to see the body, lying face down in a sexy robe, with flowing blond hair almost hiding the pantyhose tied around her neck.

Blossom had been murdered.

Angela knelt down and felt the cold hand. "Oh, Blossom!" she cried. "No! No! This ruins the whole weekend." Gregory pulled the hostess away, warning her not to touch anything. They locked the room, then Angela telephoned the police, who informed her that Inspector Jack Flint was also at the resort and could take charge of the crime scene.

As Angela turned from the phone, Peter Gillespie, Priscilla's husband, walked in, removing a pair of snowshoes.

"The road's still closed," he announced, his nerves frayed. "Having my wife just lying around... Gregory should put pressure on the police. Where is Gregory? Is he still on a business call?"

Angela did her best to calm him. Meanwhile, Gregory, the most recent widower, went off for a walk in the woods. Inspector Flint and Leroy Cunningworth arrived half an hour later, finding Angela waiting.

"Thank goodness you're here," she said, feeling unnerved by Leroy's steely, unblinking blue eyes. "We didn't tell a soul about this

unpleasantness," she whispered as she unlocked the bedroom door. Wearing gloves, Flint turned the victim's head. "Yes, that's Blossom," Angela confirmed. "Hmm, strangulation does cruel things to one's complexion."

Flint and Leroy began their inspection. "The terrace is unlocked," Leroy noted, looking through the glass door. "There are lots of footprints outside. And...", he bent over and picked up a note half-hidden under the corpse's left hip. The corpse appeared still warm, and Leroy noticed that one of the wig stands had a bald head.

"My dearest Blossom," the note read, "Meet me at the usual spot. I'll be there between 6:00 and 6:30. Be discreet, my darling. The last thing we need is for our mates to find out."

"Very interesting," Leroy said with a poker face. He thought to himself that cast-iron alibis abounded, but there was much more to this scenario. He needed to look beyond the vacuous dramatis personae, the costumes, and the wigs to search for the chameleons. Flint looked at him quizzically. No doubt his brilliant and psychic logician friend had formed a conclusion, and perhaps this whole thing could be wrapped up in time to get back to the real joys of the winter wonderland.

Leroy mulled over the evidence, allowing himself to be distracted by the memory of a poem that spoke of another winter wonderland far away - "Gone away is the bluebird, here to stay is a new bird, who sings a love song, as we go along, walking or skiing down a slippery slope in a winter wonderland."

He said quietly to the inspector that working out who killed Blossom called for logic but also imagination and allow me to explain further.

"The murderer is Gregory, Blossom's husband. He staged Priscilla's body with a wig after her heart attack. His motive was jealousy over Blossom's infidelity".

This was more than a crime passionnal; my instincts told me this was premeditated and carefully planned. I figured Blossom and Doug Jones were having an affair. Gregory discovered this and waited for the right opportunity, which came with Priscilla's heart attack.

The similarity in build and age between the women inspired Gregory. He forged the love note from Doug, knowing Blossom would rush off for the clandestine meeting. He knew Doug's phone call would keep the lovers from meeting during that critical period.

Flint reckoned Gregory moved Priscilla's body from one guest room to another, covering up her cycling outfit with a silk robe and one of Blossom's distinctive wigs. Witnesses to the draped corpse brought back into the room assumed the "strangled" corpse was Blossom.

But while Gregory was supposedly off walking and mourning, he went to the nearby hut where he assumed the lovers met, surprised his wife, who was waiting for Doug. Blossom would likely protest her innocence and accompany Gregory back to their bedroom, where she would be astonished at the sight of the blonde corpse. Gregory would then seize his chance and strangle her from behind, during which the note fell from her pocket.

Now, Gregory, who I deduce was quick to improvise, undressed his wife, removed the robe and wig from the cold corpse, and placed them on the fresh warm body, arranging it in the same position. Finally, he carried Blossom's corpse to the other guest room, believing everyone would think Blossom had been dead for a good fifteen minutes before she actually was, giving Gregory his alibi. However, he failed to reckon with my powers of deduction, and it is my opinion that under interrogation, he will break down and confess. He would need to wait at least thirty years to enjoy another winter wonderland!

## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

### The Rhyll Mechanics' Institute Hall By Pamela Rothfield



Nestled within the serene enclave of Rhyll, the Mechanics' Institute Hall stands as a testament to community spirit and unwavering dedication of generations past and present. For over 130 years, this gracious edifice has graced the Rhyll landscape, forming part of the fabric of village's history and identity.

It was in 1891, that William McFee penned a letter to the Education Department presenting a proposition. He suggested that the department consider surrendering one acre of crown land from the reserved ten acres which the Government had designated for future 'educational purposes' in the tiny hamlet of Rhyll. In exchange, the residents of Rhyll pledged to erect a Mechanics' Institute to serve as both a venue for meetings and activities, as well as a schoolhouse.

McFee's proposal emerged a decade after Rhyll residents had unsuccessfully implored the Government for a school for their then 15 children. Interestingly, it seems that the offer of a Mechanics' Institute Hall resonated more with the Government decision-makers than did the previous plea for a school.

The Mechanics' Institute movement gained significant traction in the 1850s, particularly in Victoria, where it flourished. These institutes were community-driven initiatives, with local volunteers assuming responsibility for maintaining the buildings and providing facilities for community classes, meetings, and social gatherings.

In essence, Mechanics' Institutes served as early models for adult education and libraries in Victoria. The term "mechanic" in the nineteenth century denoted artisans or working individuals. Originating in Scotland around 1800, the movement swiftly spread throughout England and the colonies.

Constructing these halls was a true community endeavour. McFee, proprietor of an ironmongery (nowadays termed a hardware store), supplied materials from Rhyll Jetty, while George Walton handmade the bricks and constructed the chimney. Bill Richardson led the building efforts, supported by a dedicated team of volunteer labourers.

Upon completion of the hall, an oversight emerged: the Lands Department discovered that the hall had been situated, whether by chance or intention, in an incorrect position within the land allocated by the Government. Originally, the one-acre plot the Government had designated for the Mechanics' Hall was intended for the southeast corner of the ten-acre Crown Land allotment; which is where the tennis courts stand today. However, that southeast corner was boggy in winter, and so the locals constructed the hall on the higher section of the allotment, which was initially reserved by the Government for a pine plantation.

The trustees of the hall, William McFee and Captain Lock, agreed to relocate the hall to its correctly designated position upon the direction of the Education Department. However, this directive never materialized and consequently, the hall remains situated in its original location to this day.

Following its completion, the hall was leased to the Government, and State School No. 3132 commenced operations there on 8 July 1891.

Beyond school hours, it functioned as the social hub of Rhyll, hosting dances, parties, Christmas celebrations, church services, and various other events.

The Rhyll Mechanics' Institute Hall still serves as an indispensable part of the Rhyll community. It was, and still is aptly described as being the heart of the village of Rhyll.



Phillip Island and District



Historical Society  
EST 1941

**Join us!**

We protect, promote and share local history.  
Annual Membership \$30

e: [history@waterfront.net.au](mailto:history@waterfront.net.au)  
Phillip Island & District Historical Society



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

The weather conditions have dropped a noticeable amount this past month and a lot of people have put off fishing purely for the option of staying home where it is warmer. There is nothing wrong with that, means you have plenty of time to spend the winter going over your gear, focusing on the season to come.

The seat in front of the fire in winter is a great place to learn how to make your own rigs. Making your own rigs really is a cost-effective skill to learn. Initial outlay can be expensive, but for \$12 a roll of leader is going to give you a minimum of 20 rigs (species and type dependent).

The one main advantage of having the ability to know how to tie your own rigs is the accountability that comes with it. With accountability, you have cut out the middleman, there is no one left to blame besides yourself in the instance of a knot failure but having confidence in your rig is always a plus (if you tied it right).

If for whatever reason, poor eyesight, arthritis or just stubby

fingers, you're unable to tie your own knots, there are products on the market that offer aid with these problems. It's not cheating, it's just effective.

Storage tip, a great way to store all of your premade rigs is a bait/lure wallet. Traditionally the intended purpose of these is to store you packets of soft plastics to avoid drying out or your lures, but they make handy rig holder. Simply place each rig in a zip lock bag then you label the pouch. One for each species essentially, that way you can easily find your rigs when needed in a hurry when out fishing. Organisation equates to more time spent fishing.

Fishing over the last month really hasn't represented what fishing in Westernport Bay potentially can be. There has still been good reports of whiting but that is always expected at this time of year and generally doesn't disappoint much and for the most part that is exactly how this winter has been for many.

The phone shouldn't be ringing, and people shouldn't be walking in the door this time of year asking us where to catch some salmon, but it has and nearly daily. Reports we are getting from salmon are all on the smaller size. The majority of them under a kilo and all from the beaches, still with a concentration at Anzacs.

Offshore we have seen some decent numbers of flathead and those who have spent some time doing a drift have managed to get some decent bag limits. We have also been lucky enough to see quite a few 50cm plus sized ones coming from the 20m mark which has been a nice change to the previously quiet offshore flathead scene.

Another month or so and we will start to see some big reds being caught by those out chasing gummies or mullocky. For those who are really keen and head out in the boat overnight this time of the year looking for a fish or two always come across some early or resident reds.

We seem to have a bit of a run through late July and into August and then they go quiet until towards the end of September.

Gummies will now fish better over the moon phases and over the tide changes, so you don't need to spend all day long on the water.

If you are fishing this time of the year by-catch is just part of it, sometimes you just can't get away from the rubbish and you might need to change your plans completely. Winter is also a very good time to do all your bait collecting ready for the season ahead. Squid, yakkas, salmon, tommy roughs, garfish and couta will all be available during the winter months. Then you have the heads off the whiting you catch, the frames off anything else to make up your berley.

For us in the shop, winter means rod and reel repairs with August usually the start of our tackle shows and sorting out our stock needs for the upcoming season.



**ISLAND  
PRIMARY  
PRODUCE**

## **PADDOCK TO PLATE**

### **TRADING HOURS**



**Monday - Friday**

**8am - 5pm**

**Saturday**

**8am - 3pm**

**Sunday**

**8am - 2pm**

**Phone orders taken**

**Jake and Tania McStay**

**511 Ventnor Rd, Ventnor Ph 5956 8107**

# PHILOSOPHICAL MUSINGS

## BY JOHN BUTTROSE



### What makes a good life?

The Hellenistic period (323 - 30 BCE) was not a particularly happy time. Alexander's great empire disintegrated after his death: dividing into four regions, each under the control of one of his former generals, each determined to expand and protect their newly won kingdoms. It was a time of great uncertainty and violence, any moment a marauding army may charge into town. Many feel the uncertainty in the contemporary world, the sense things are not at all going well. How did the ancient philosophers deal with such a world? How can we live a good and happy life when we see so many problems raging about us, and we hear daily the predictions of doom and gloom in our futures?

One group of ancient philosophers, led by Epicurus, developed a comprehensive philosophy to enable one to live a happy, good life. Epicurus established a garden in ancient Athens at the beginning of the 3rd century BCE. "The Garden" was in reality a school, founded by Epicurus to convey his philosophical ideas. All were welcome ... men of all classes, slaves and women, even prostitutes were taught there, and they enjoyed what seems to modern eyes very like a hippy, or intentional, community. This horrified the respectable Athenians who imagined the Epicureans were indulging in all manner of debauched pleasures, merely due to the presence of women and slaves at what was supposed to be a place of learning.

The Epicureans taught that to live a good life one should seek pleasure, and in particular, avoid pain. They enjoyed good wine and good food ... and close friends. A life was to enjoy the things which made you happy, while sensing that pain and trouble was never very far away. This emphasis on this version of the good life gave rise to criticism, even in ancient times. In modern times the term 'Epicurean' refers to a luxurious lifestyle, focussing in particular on the most expensive and refined food and drink.

The Epicureans emphasised that happiness, characterised by the absence of pain, was the foundation of a good life. The ancient Epicurean philosophers were materialists; meaning everything had a physical, or at least a rational cause. The gods and the spirit world may exist, but there was certainly no material evidence for this. As such, gods had no relevance, since there was no evidence the gods could influence what happened on Earth, and, according to old myths, their meddling usually brought unhappiness and pain anyway. So it was best to ignore them. Any involvement in politics inevitably brought

conflict and pain, and clearly one should not take part in any sort of public life. Death was inevitable, it eventually happens to everyone. So worrying about one's death, and what happens after death, could only cause stress and fear, so it was best to not think about death at all.

These ideas, not unsurprisingly, were the source of a great deal of hostility towards the Epicureans, although it would seem in many ways to be rather misdirected. The Epicurean ideas about death, and the fact they rejected the possibility of an afterlife, particularly annoyed the Christians. The rejection of any sort of public life, and their supposedly hedonistic and frivolous lifestyle upset nearly everyone else.

However, rather than overindulging in sensual pleasure, the Epicureans were modest in their tastes ... water and beans would usually suffice. If one paid attention, a simple meal could be enjoyed, just as the most expensive food and wine. And thinking in the long term, overindulgence in wine, food and sex would eventually cause great pain, illness and unhappiness ... definitely to be avoided.

For the Epicureans, the greatest happiness was to be found in the company of good friends enjoying interesting and stimulating conversations, sharing interests and indulging in play. One was kind and behaved morally, because the shame felt when one behaved badly would cause personal anguish and pain, while there was satisfaction and happiness felt when one behaved virtuously and treated people kindly.

We too are living in uncertain times. It would seem there are many threats we could fear and worry about ... and so we ask the questions -

How do I live a good life, a happy life, in an uncertain world?

Do the Epicureans have the answer, or is withdrawing from the world in this way a rather selfish, self absorbed, view of a human life?

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](mailto:jbuttrose54@gmail.com)

## Security Doors & Fly Screens

The Island's Best Quality at the Lowest Price, Guaranteed...  
- Custom Made & Locally Repaired -

**LOCKSMITH - 5952 5552**

"Proudly Securing the Island Community Since 1996"

[www.phillipislandonline.com](http://www.phillipislandonline.com)

## Lighten Up Theatre new in town

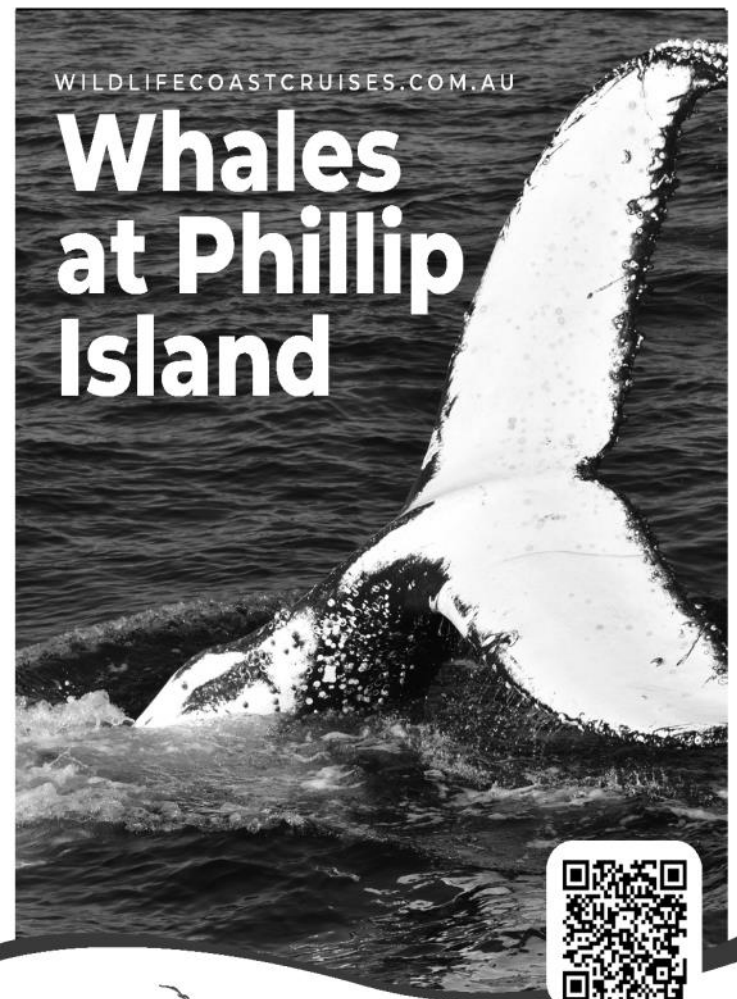
If you haven't heard there's a new kid on the block in the local theatre world and that is the very exciting Lighten Up Theatre.

Established in December 2023, this not for profit community theatre group was created with the vision of bringing uplifting, feel good, quality productions and entertainment events to the local community.

Local Trish Oostendarp started the group with a vision to bring back some joy to those in the community. The mission of the group is that they feel everyone has enough of life's problems going on and that if for just a few hours they can bring a smile and lessen the worries to someone then their mission has been a success!

The group has been busy rehearsing for their first production *Mystery on the Orient Express* which is being performed at the Senior Citizens centre in Cowes on July 26, 27, 28 and August 2 and 3.

Tickets are on sale now so don't miss this very funny play and help support this up and coming new group!



Over June and July jump on a whale cruise. Our **Winter Whale Cruises** and **Dolphin & Whale Cruises** running daily!

Let's get cooking

Simple and delicious recipes from

Paul at Hill Top Butchers



## Mexican Pulled



### WHAT YOU NEED:

2kg Brisket

2 tbs Gravy Mix

1 jar Sweet Chillies

2 tbs Jalapeño Rub - available at Hill Top Farm

250g Butter

1 bunch Coriander

### WHAT TO DO:

Place Beef Brisket in slow cooker and top with chillies and the juice, gravy mix, and Jalapeño Rub and then place butter on top.

Cook on high heat for 2 hours then turn down to low for 2 more hours. Shred the Beef Brisket and top with chopped Coriander.



## STANDOUT RESUME SERVICES AUSTRALIA

Resume plus 2 cover letters for \$100

ATS compliant and aligned to the job description

You only pay when 100% satisfied - not before!

The service includes revision, phone chat and a quick turnaround

We provide unbeatable quality, service and value

You won't be disappointed. Treble your chance of an interview.

Contact us: Leon Herbert, Editor

Phone 0402 264 744

E: cvriter@gmail.com Melbourne





Shop 2,  
154-156  
Thompson Av  
Cowes  
5952 1044

## Batteries for all needs with free fitting available

- Torches • Motorbikes
- Cars • Trucks • Boats
- Deep Cycle and more

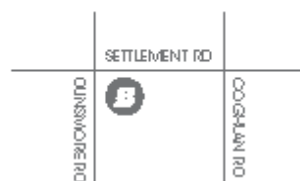
**CALL IN FOR A FREE  
SAFETY CHECK BEFORE  
YOU HIT THE ROAD**

## For all your tyre and mechanical needs

Visit Bridgestone  
Service Centre  
Phillip Island today.



Phillip Island  
Tyre Service  
101 Settlement Road  
● 5952 1480  
Mon to Fri 8.00am-5.00pm



### Winter Tyre Safety

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

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

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

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

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

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

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

Visit your local tyre dealer for a tyre safety check.

### Winter Driving Tips

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

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

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

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

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



# LIGHTEN UP THEATRE PRESENTS...

## MYSTERY ON THE ORIENT EXPRESS

*With kind permission from Maverick Musicals*

Performing at  
Senior Citz Club  
6 Lions Court, Cowes

Written by Mary Macmahon  
Directed by Trish Oostendarp

BYO snacks & nibbles  
Licensed Bar

A totally hammed up hilarious comedy that will have you laughing through the entire show following the antics of Sherlock Holmes, Inspector Gadget & the Von Crapps just to name a few! Grab your table now!

Tickets available at  
<https://www.trybooking.com/CQXOXt> or to pay by cash contact Trish on 0400 817 481

With gratitude to our sponsors





Friday 26 July 8pm  
Saturday 27 July 8pm  
Sunday 28 July (Matinee) 2pm  
Friday 2 August 8pm  
Saturday 3 August 8pm



Community Bank · San Remo, Cowes and Grantville

## Tanya knows nothing about synchronised swimming

But Tanya knows banking



Tanya Donnan  
Cowes Branch Manager

Tanya shares her knowledge of banking so you can achieve what you want from life.

And, she can meet you when and where it suits you; at the branch, over the phone, or via video call.

If you need help with your banking, call Tanya on 0415 526 810 or 5952 3383 or search Bendigo Bank San Remo, Cowes or Grantville.

[bendigobank.com.au](http://bendigobank.com.au)

**Bendigo Bank**

Bendigo and Adelaide Bank Limited ABN 11 081 049 171, AFSL/Australian Credit Licence 207179, A14115850 OUT\_38885872



## Compostable packaging goes in your Landfill bin



To find out more visit  
[basscoast.vic.gov.au/whichbin](http://basscoast.vic.gov.au/whichbin)




## Russell Broadbent MP

Federal Member for Monash

# Plastic Free July

For the month of July, take the challenge and go plastic free!

Use keep cups when buying coffee, reusable bags when shopping and say no to plastic straws.

For more plastic free ideas, visit  
[www.plasticfreejuly.org](http://www.plasticfreejuly.org)

📍 46C Albert Street, WARRAGUL VIC 3820

✉ [russell.broadbent.mp@aph.gov.au](mailto:russell.broadbent.mp@aph.gov.au)

☎ 5623 2064

👤 Russell Broadbent MP

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

## TOMATOES IN WINTER

My crop of Spring/Summer tomatoes finished a little prematurely at around the start of April. Late Blite got them and as it set in it was almost impossible to stop. Bushes start to turn brown, although fruit continued to grow and ripen. I threw all manner of things at it, anti-fungi, milk, Epsom salts, but still could not stop the onslaught.

So out came all the bushes and by the end of April I was already considering the next Spring crop. What to grow, and more importantly, how to make them more disease resistant. Things like lots of mulch, trimming off all lower branches etc. were well known practices of mine. However, after a lot of research and watching some very interesting videos, I discovered that TUMERIC is used by a lot of Asian growers. Turmeric seems now to be the buzz word in the tomato world as we catch onto what has happened overseas for many years. It is an antibacterial and fertilizer all in one. When mixed with milk, the two combine to make a wonderful cocktail full of nutrients with anti-fungal properties. Milk forms

a skin on the foliage which in turn acts as a deterrent to fungal diseases. Two teaspoons of Turmeric into a litre of water, mixed with a 1-10 solution of milk and

water, sprayed onto foliage or added to the soil will give the plant the extra protection we desire.

So turmeric has become one of my tools to fight the good fight! Just when you think you know it all, more things pop up just to let you know you don't!

For the first time ever, I'm using heat mats and artificial light to grow tomato seeds over winter. So far, so good. I have seven varieties of tomato seeds, of which six have produced healthy looking seedlings to date. All of those have been moved to my greenhouse. The seventh one, Sirian Giant, has only just been planted. I am periodically giving these little seedlings a dose of milk (1-10 ratio with water). I have



found Yates seedling mix to be excellent. I have made my own over the years, but they seem to do it better than me....! My varieties are: Sirian Giant, Croation Giant, Big Pear, Rainbow mix (the only one that is not a giant), Aussie Monster, Cherokee Purple and Oxheart.

The trick now will be to see if I can sustain these babies through Winter and eventually get to plant them out into the garden, around late August/early September. Naturally, I will have them for sale around mid October/early November.

Another little gem I have discovered in my research is OATMEAL and RICE FLOUR. Growers overseas are using oats as a natural fertilizer. Mixed into the soil and as a dressing on top, oats enrich the soil and give a natural feed to all your vegetables. So whilst we are on this organic journey (all my tomatoes are grown organically with natural compounds), let's talk about turmeric and rice flour. Before planting out your seedlings into the garden, make a cavity for the plant in the soil, then add a teaspoon of rice flour and a teaspoon of turmeric, mix well into the soil, water in, then add the plant. Water again. The turmeric will give good bacterial protection, the rice flour will add beneficial starch and carbohydrates to the plant. Tomatoes love a bit of starch. You can then sprinkle your oats around the base of the plant to form a nutrient giving mulch. So another lesson we have learnt....

I will keep you posted on the success or otherwise of my winter experiment. I think the easy part was getting them to germinate; keeping them growing and healthy through winter may be another story.



Any queries, questions or problems, drop me a line via The Vibe or on my email: [Burnsiestomatoes@gmail.com](mailto:Burnsiestomatoes@gmail.com)

Happy gardening.

## SLIDING DOOR REPAIRS

### Now servicing Bass Coast

**Are your doors sticking, catching or just not sliding properly?**

- Timber & aluminium sliding doors • Security doors • Bi fold doors • Track & Roller replacements • Screen replacements
- Cavity doors • New locks fitted
- Wardrobe doors and much, much more

**We fix your sliding doors!**

**Ph 0438 538 244 [info@asdrm.com.au](mailto:info@asdrm.com.au)**

[www.allslidingdoorrepairsmelbourne.com.au](http://www.allslidingdoorrepairsmelbourne.com.au)



ALL  
**Sliding Door**  
REPAIRS MELBOURNE



A FAMILY OWNED  
**AUSSIE**  
BUSINESS



## Phillip Island Camera Club - Water drop photography

Water drop photography may not seem to some to be a very enticing subject, but recently, a few of the Phillip Island Camera Club members have been experimenting with creating water drops and photographing some stunning, awe-inspiring water drop imagery.

To do water drop photography, you may need some special equipment. It's possible for the photographer to adjust the sizes and length of delays of the drops. Sophisticated equipment can allow you to perfectly orchestrate every splash, to enable the creation of stunning, intricate water drop art with precision and ease. Food dye can be added to the water and special lighting effects can be used to further enhance the results.

James Millward, a camera club member, provided a demo to the camera club's June meeting to show how he produces his eye-catching water drop images. He uses plain water, with a drop of rinse aide. He uses a Pluto Valve and trigger. The Pluto Valve was 300mm above a glass of water filled to the brim. The camera was set to manual focus on a tripod, and was initially focused on a pencil held above the point of where the water drop will hit.

James uses a macro 60mm lens on his Olympus OMD-EM1 Mk 2 camera. Camera settings were 1/60 second, f13, ISO 200 with two flashes set at 180 degrees to each other. These were operated by the Pluto trigger which controlled the camera, valve and flashes.



*Beautiful colours and shapes captured using water drop photography. Images by James Millward.*

Set up using a phone app, James had an interval of 110ms between drops. The flashes were delayed by 350ms from when the valve was activated. The colours produced came from gels placed over the flashes.

Water drops behave following their own optical rules. Inside these spheres, light, focus, shadows and colours play. Even if you don't wish to use special equipment to capture water drops, you can capture the reflections of the outer world on water droplets sitting on objects such as leaves or blades of grass. Give water droplet photography a try and be surprised by the results!



*James demonstrates the equipment he uses to produce his water drop photography. Image by Lorraine Tran.*



All images are copyright of the photographers. Thanks to James Millward for the images and the above 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/>

# MLP BUILDING



MLP Building Pty Ltd - Registered Building Practitioners DB-U 44011



**HONESTY - INTEGRITY - RELIABILITY  
HIGHEST QUALITY WORKMANSHIP**

Custom Build - Extensions - New Home Construction - Decking -  
Verandahs - Home Theatres - Commercial Fit-Out

We cover ALL of your Residential Building, Construction &  
Carpentry needs & ALL Trades are covered including Electrical,  
Plumbing, Plastering, Painting & much more.....

**CONTACT US TODAY FOR A FREE, NO OBLIGATION QUOTE!**

Contact Matthew Pollard direct;  
(M) 0411 387 407 (e) [mlpbuilding550@gmail.com](mailto:mlpbuilding550@gmail.com)

\*Check us out on Instagram @mipbuilding\*



# Book Reviews

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

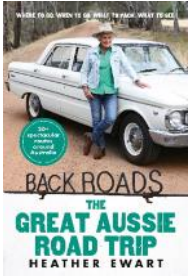
**Thank-you to our customers for their support. Brendan and Kylie.**

Telephone: 5952 1444

Facebook: Turn the Page Bookshop

Email: [info@turnthepagebookshop.com.au](mailto:info@turnthepagebookshop.com.au)

Website: <https://www.turnthepagebookshop.com.au/>



**Backroads The Great Aussie  
Road Trip By Heather Ewart**  
Price: RRP \$34.99  
**(10% discount to registered  
customers)**

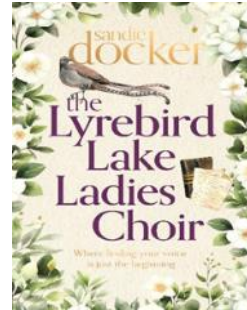
**A compendium of Heather's favourite road trips around Australia, revealing towns and communities outside the mainstream - and the colourful inhabitants whose grit and humour will uplift and inspire you.**

As host of ABC TV's Back Roads, Heather Ewart has travelled thousands of kilometres over a multitude of routes - some bitumen, some little more than rough dirt tracks - to bring a taste of life beyond the cities to viewers.

At a time when Australians are embracing their country and wanting to explore our richly diverse landscapes more than ever, Heather has some fabulous suggestions to get you started. From the dusty Oodnadatta Track to the spectacular Great Alpine Road and pristine topaz waters around Esperance, Heather's road trips reflect her own distinct experience and come with personal tips on getting the best out of your journey.

You'll learn what sites are a must-see, where to find the town characters, when the festivals and big events are on and what preparations she considers essential. While no selection can do justice to the glorious uniqueness of Australia, Heather's recommendations, across all our states, showcase some absolute ripper road trips, along with some well-kept secrets.

So, what are you waiting for? Get planning and get cracking. Pack your bags and your swags. Load your vans, fuel up, and let Heather take you across the country to discover the jewels she knows about and ones the locals wouldn't want you to miss.



**The Lyrebird Lake Ladies  
Choir By Sandra Docker**  
Price: RRP \$34.99  
**(10% discount to registered  
customers)**

'A Sandie Docker book is like a cup of tea and a biscuit. It's warm on the inside, snuggly, sweet and lots of fun. It touches the heart, and stimulates the brain.' Happy Valley Books Read

'A choir wasn't about a single voice. It was about blend, complementing each other. It was about . . . belonging.'

Sisters Eleanor and Maggie have been running the Lyrebird Lake Ladies Choir for fifteen years. It has become a haven for the lost and lonely women who have found their home in the stately federation house by the lake. When Eleanor enters the choir into the All Voices Championship, it offers them all a chance to make up for lost dreams.

Single mum Hannah arrives in Lyrebird Lake, homeless after being widowed and hoping for a new start with her son. With her angelic voice, Hannah could give the choir a winning edge. But when Eleanor hears her singing a long-forgotten lullaby, she is transported to her past, a traumatic time when two teenage girls were banished from their Irish homeland to a faraway country.

Will Hannah's arrival mend old wounds, or will the secret she unknowingly carries tear the sisters apart?

**A lyrical, deeply moving story of facing secrets, finding your way back home, and the power of discovering your voice.**

## ISLAND ELECTRICAL MAINTENANCE

Lights gone out? No power?  
Safety switch tripping?  
No hot water?

For prompt & reliable service

**Call Dave on 0409 435 207**

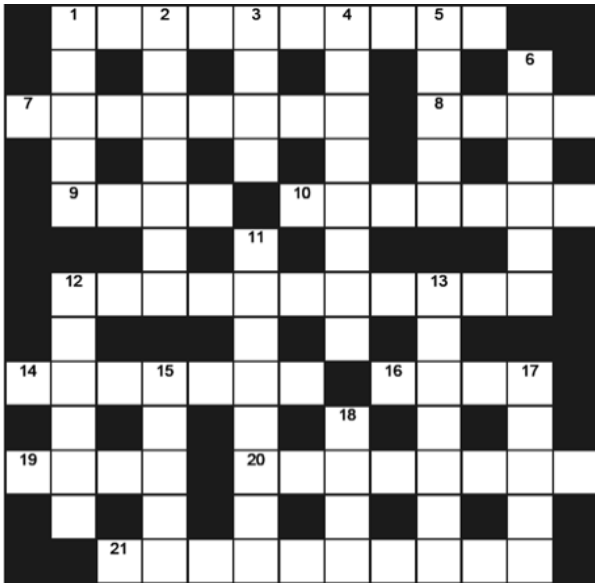
R.E.C. 20993



Driveways / Paths / Patios / Steps / Garages / Crossovers  
Pattern & Stencil Paving / Plain & Coloured Concrete  
Exposed Aggregate / Bob Cat / Tip Truck Hire  
Excavator - 3 Tonne  
[newwaveconcreting@icloud.com](mailto:newwaveconcreting@icloud.com)

# Brain Food

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



Vibe Quick Crossword

## Across

- 1 Disclosure (10)
- 7 Follow closely (8)
- 8 Leave (4)
- 9 Twelve months (4)
- 10 Over weight condition (7)
- 12 Banker (11)
- 14 Craftsperson (7)
- 16 Distant (4)
- 19 Carnival (4)
- 20 Saltiness (8)
- 21 Diligently (10)

## Down

- 1 Prepared (5)
- 2 Evil one (7)
- 3 Slim (4)
- 4 Quivered (8)
- 5 Kilns (5)
- 6 Sour (6)
- 11 Overlooked (8)
- 12 Advertise (6)
- 13 Supports (7)
- 15 Lifeless (5)
- 17 Rodent like (5)
- 18 And (4)

## Q&A TRIVIA

1. What is the name of the page at the beginning or end of a book?
2. Which direction does the sun rise from?
3. What are the five senses?
4. What is the chemical symbol for gold?
5. What four colours make up the flag of Brazil?
6. Which actor starred alongside Julia Roberts in the 2022 film "Ticket to Paradise"?
7. In which language does "kennichiwa" mean "hello"?
8. In which year did the Titanic sink?
9. In which mountain range would you find the Matterhorn?
10. What is the largest species of bear?
11. What did "Itsy Bitsy Spider" climb up in the nursery rhyme?
12. In bingo terms, which number is represented by the phrase "ducks on the pond"?

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

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

**We have moved to Factory 8,  
16 Shorland Way, Cowes**

**Wesell2u**

**Lawn mower repairs,  
servicing and parts**

- Line trimmers, blowers, chainsaws and more
- Tools and household goods, both new and used

**WE BEAT OR MATCH ANY WRITTEN QUOTE**



**Open Monday, Wednesday,  
Thursday & Friday  
10am-3.30pm**

**Ph or text BH  
only Michael  
0435 779 709**

Copyright © 2024 Phillip Island Vibe. This edition is copyright. Apart from any use permitted under the Copyright Act 1968, no part may be reproduced by any process, nor may any other exclusive right be exercised, without the permission of Phillip Island Vibe, PO Box 239, Cowes. 3922. phillipislandvibe@outlook.com ABN: 609444475



## Health and Healing with Pip

### Embrace the darkness

Okay NOW we are really in the season of Winter my friends.  
How are you feeling?

We are in the season of darkness. The season of quiet. The season of going within.

Last month on 21st June we celebrated the shortest day of the year (or the longest night), and so as the southern hemisphere begins to turn her face towards the sun again, you could spend the next 2 months complaining about the dark and cold OR ... you could embrace the darkness.

#### 1. Embrace the darkness physically.

I think this is the easiest one. Mind you I jump into cold water daily and do silly dances on the beach. \*grin\* ... Move your body at dusk or dawn. Walk your dog or cat or bird (or yourself) ... yep in the dark WITHOUT your music or podcast ... feel, sense and see what happens in nature during these almost light times. The world is alive but the creatures are more still. The air is cooler and fresher. The light is different ... more subtle, more gentle, more ambient. You might get some awesome photos at these times.

Another cool thing to do in these months of extra darkness is connecting with the Moon. The Moon is brighter, more visible and more accessible when it is dark.

You could do Full Moon Bathing – sitting or lying under the full moon, like you would the sun, and soaking up the ‘rays’. Give it a go for 10-20 minutes.

You could do meditation at the same time. Note #1 – some people do this naked, but you can do it clothed. Note #2 – this can be done inside as long as the moon rays are coming directly through a window onto you. Note #3 - it doesn't have to be under a full moon, you can still get the benefits anytime of the month, it's just stronger on a full moon. \*See the end of this article for a special Moonology offer\*

#### 2. Embrace the darkness mentally.

When you move into the season of Winter do you hear yourself saying: “I hate the cold” or “Winter sucks!” or “I can't do anything now, because it's too dark.”

The thoughts we think and things we say to ourselves are what we begin to see in our lives. My suggestion is to notice those repetitive negative things you say about Winter and start to change them for more supportive thoughts or affirmations (as Louise Hay called them). Eg. “I am willing to embrace the cold.”

Or “I am so lucky I have warm clothes and a heater to keep me warm.” Or “I always find creative ways to stay warm.” Or “Winter is a fun time of year.” Or “I am willing to embrace the dark.” \*Note – ask me about meditation, eft tapping and other tools that I use for shifting my mental state when I get stuck.

#### 3. Embrace the darkness emotionally.

Winter is the time when the energy of the planet contracts and you will probably find yourself feeling stuck or stagnant.

If you feel resentful, restricted, angry or frustrated ... you are not embracing the cycles of life. There is meant to be yin and yang. Rest and action. Light and dark. So, it's time to lean into the emotional darkness you feel and address it. That's what Winter gives you permission to do.

Get your journal out and write it all down. Book a session with a therapist or coach and talk it out. Find a quiet beach and scream it to the ocean. Scribble on post-it notes and burn them. Get a big sheet of paper and paint or draw it. \*\*\*Most important – DO NOT KEEP IT INSIDE. Darkness that is not expressed festers in the body and creates illness.

#### 4. Embrace the darkness spiritually.

Winter represents the spiritual wisdom time of the year. In the medicine wheel – Spring is about new life. Summer is a celebration. Autumn is reaping rewards. Winter is ending and lessons learnt. What in your life needs to finish up, get closure, note the lessons and close the chapter?

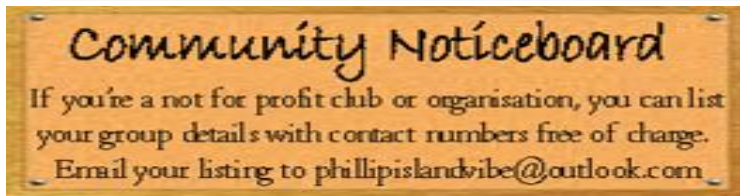
The darkness of the spirit is not the end of life (necessarily) ... it is the end of an era. It is part of a cycle that is never-ending. You are not going to stay here in Winter for long. The darkness turns to light. The cold to warm. The night to day. I know that you might feel (sometimes) like the situation you are in will never end. But that's not the truth. The only reason why things in your life keep replaying or repeating, is because you have not let go of the thoughts and behaviours that support them.

There is a lot you can do to embrace the dark side of yourself and the darkness outside during this time of Winter.

And as an extra support for you, my Viber-friends, I am offering special Moonology Oracle Card readings to tap into the wisdom of the Moon which will give you guidance on your mental, emotional, physical and spiritual wellbeing that you can apply to your life right now. It's 60 minutes for \$66 – online, by phone or in-person - for the month of July. Mention that you saw this special offer in the Vibe Magazine.

To book or ask if this offer is right for you send me an email at [pipcoleman@yahoo.com.au](mailto:pipcoleman@yahoo.com.au)

Pip Coleman – Divine-ologist, Life Coach, Bowen Therapist, Reiki Master & Advanced Angel Intuitive



**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, Dunsmore 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

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

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

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

**Phillip Island Croquet Club** New members welcome to come and try Thursday and Friday mornings 10am-12pm. Please phone before coming to the club. Secretary 0493 614265. 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 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

**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.



**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 Librariy** 92 Back Beach Road, San Remo. Hours Mon- Fri 9.30-5.30pm and Sat 9.30-1pm. Phone 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.** 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 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

**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 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.

## Penguin Parade Boardwalk Upgrade Underway

With the departure of short-tailed shearwaters and temporary fencing installed, works are now well underway at the iconic Penguin Parade, thanks to a \$5 million upgrade through the State Government’s Regional Tourism Investment Fund.

Positioned between the Penguin Parade Visitor Centre and Summerland Beach, the new boardwalk will provide a looped experience for visitors, connecting General Viewing platforms with habitat east of the existing boardwalk.

Simpson Construction is off to a flying start with the project, working in conjunction with the design team, led by Terroir Architects, who designed the Penguin Parade Visitor Centre.

After detailed cultural heritage surveying and careful mapping of little penguin burrows, the first fixings are now in the ground. These footings, selected for their incredibly small footprint to load bearing ratio, will support the new boardwalk spans and keep visitors above traditional penguin pathways and fragile nests. Further progress includes upgrades to the existing premium viewing and tour platforms.

Boardwalk materials have been chosen based on durability and rigidity to maximise the horizontal span and minimise the number of ground fixings. A helicopter will be used to manoeuvre these lengthy spans into place over winter.

Jarvis Weston, General Manager Infrastructure and Planning at Phillip Island Nature Parks said it’s an exciting time at the Penguin Parade with the upgrades set to improve overall visitor experience.

“We only broke the ground after months of careful mapping of this culturally significant area. Using technology such as Surefoot fixings we are minimising our impact as we construct this exciting project and ensure the Penguin Parade remains a world class ecotourism destination,” said Mr Weston.

The upgrades will offer an enhanced experience at the Penguin Parade with greater shared access, improved visitor flow, increased capacity, and even better viewing of the little penguins whilst protecting their habitat.

The works are due to be completed later this year ensuring more people from across Victoria, interstate and overseas can enjoy this popular, nature-based attraction for years to come.



First Sure Foot Installations

## PUZZLE SOLUTIONS

	R	E	V	E	L	A	T	I	O	N		
	E		I		E		R		V		B	
T	A	I	L	G	A	T	E		E	X	I	T
	D		L		N		M		N		T	
	Y	E	A	R		O	B	E	S	I	T	Y
		I		B		L					E	
	M	O	N	E	Y	L	E	N	D	E	R	
	A				P		D		E			
A	R	T	I	S	A	N			A	F	A	R
	K		N		S		A		E		A	
F	E	T	E		S	A	L	I	N	I	T	Y
	T		R		E		S		D		T	
		S	T	U	D	I	O	U	S	L	Y	

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

## ANSWERS TO TRIVA QUESTIONS

1. Flyleaf
2. The East
3. Sight, hearing, taste, smell and touch
4. Au
5. Green, yellow, blue and white
6. George Clooney
7. Japanese
8. 1912
9. The Alps
10. Polar Bear
11. The Waterspout
12. 22



# Silica dust can be deadly

## Engineered stone is now banned.

From 1 July 2024, work involving manufacturing, supply, processing or installation of engineered stone benchtops, panels or slabs is banned.

Learn more:  [WorkSafe Silica](#)

Scan the code  
to learn more



Reducing workplace harm.





## FESTIVAL DATES 5 July - 7 July 2024

Celebrate the annual arrival of the whales!

- Whale Cruises
- Whale Spotting
- Craft Activities
- Ocean Film Screening
- Marine Talk & Presentations
- Pop-Up Art Show
- Live Music



[islandwhales.com.au](http://islandwhales.com.au)

@islandwhales  



### BASS COAST WHALE DISCOVERY TRAIL TOP SPOTS

**GROSSARD POINT**  
The site of Captain Grossard's 1868 burial after a tragic accident. Watch for whales entering the bay close to shore.

**WESTERN PORT**  
Humpbacks have been spotted from this jetty, and bottlenose dolphins can be seen in the bay all year round.

**PUNCHBOWL**  
Follow the spectacular George Bass Coastal Walk and look out for whales from the high cliffs overlooking the wild waters of Bass Strait.

**CAPE PATERSON**  
Bunurong Marine Park encompasses rock platforms and underwater reefs. This is a great spot for whale spotting and snorkelling.

**EAGLES NEST**  
Site of Australia's first dinosaur bone discovery, the *Cape Paterson Claw*, in 1903. The sedimentary rocks are 115 millions years old.

**CAPE WOOLAMAI**  
A large colony of short-tailed shearwaters return from Alaska annually to breed here. Look out for albatross and sea eagles soaring above.

**HARMERS HAVEN**  
In 1826 Captain William Hovell discovered coal here and in 1901 the *Artisan* ran aground at nearby Wreck Beach.

**SUMMERLANDS**  
Home to great surf and the world's largest Little Penguin colony. Short-tailed shearwaters and hooded plovers live here too.

**PYRAMID ROCK**  
A dramatic basalt outcrop, home to short-tailed shearwaters, black-faced cormorants and sooty oystercatchers.

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

