

PHILLIP ISLAND VIBE

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ISSUE 131 DECEMBER 2020



Island resident Robin Lick took this photo a couple of years ago at the end of a farm driveway and it seems to depict 2020 fairly well! Robin was a bit concerned that Santa could be running a bit late getting to Phillip Island. We take this opportunity to wish all our readers a safe and happy Christmas with family and friends.

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Newhaven College Building for the Future



Newhaven College is committed to further developing the College facilities, ensuring that we have an environment where creativity, academic, emotional, spiritual, physical and life skills are nurtured. As can be seen, this won't happen overnight, but the staged implementation of the masterplan has seen huge success.

Our Phillip Island Road property was purchased in 2004 and has undergone extensive building works during the past 16 years.

The College facilities have grown to include 3 sub schools - Junior, Middle, Senior and the Year 9 Learning Centre.

Specialist buildings include an Arts, Science and Technology Wing, Trades Skills Centre, Gymnasium, Sports Oval, Multipurpose Courts, Canteen and Open-Air Amphitheatre.

Building works are currently underway for our Wetlands, Synthetic Tennis/Hockey Pitch, and natural turf Soccer Oval. Work on the Performing Arts Centre commenced in November.

- 2004 - 82 acres of land were purchased for future development.
- 2005 - The Year 9 Learning Centre opened with 108 Students.
- 2006 - The oval was constructed and sown and stage one of the Pavilion commenced.
- 2009 - Work commenced on the new Junior School.
- 2011 - Prep to Year 6 relocated from Boys Home Road to the new Junior School.
- 2012 - A second story was added to the Pavilion and the first Multipurpose Sport Court was built.
- 2013 - Two extra rooms were added to the Junior School.
- 2014 - Year 5 to 8 moved into the new Middle School. The Trade Skills Centre and Food Technology Wing were completed. A second Multipurpose Sport Court was built.
- 2015 - The Administration and Library Wing opened. Newhaven College gained registered training organisation (RTO) accreditation. The Boys Home Road site was sold.
- 2016 - Building of the Senior School and Specialist Art, Science and Technology Wing commenced.
- 2017 - A 242kw rooftop solar system was installed on three buildings. The Specialist Wing and Senior School were completed, along with extensive parking, internal roadworks, and the front entry.
- 2018 - History was made as the school came together on one site. First Prep class completed Year 12. The double court Gymnasium was completed.
- 2019 - Boys Home Road Boulevard was completed. Work started on the Amphitheatre, Tennis/Hockey Pitch and Soccer Field. We recieved a grant for the Performing Arts Centre.
- 2020 - We completed the Amphitheatre. The Wetlands, Tennis/Hockey Pitch and Soccer Field are due to be completed by the end of the year. Work on the Performing Arts Centre commenced in November.

2020 Enrolment Opportunities - Prep to Year 2

Please contact our Registrar Belinda Manning for details.

1770 Phillip Island Road, Phillip Island Phone: 03 5956 7505

Email: belinda.manning@newhavencol.vic.edu.au Website: www.newhavencol.vic.edu.au



Healthy and Healing with Pip

It doesn't matter which way you go

I remember years ago I was speaking to a friend about my dilemma of travelling overseas or taking one of two great jobs in Sydney.

She laughed at me and said "ohhh no, you have so many great options! ... just choose one and if it doesn't work out, choose the other one ... and if that doesn't work out, another thing will probably come up."

I thought it was a bit flippant in my state of distress, but she was absolutely right.

Do you recall Lewis Carroll's exchange between Alice and the Cheshire Cat:

"Would you tell me, please which way I ought to go from here?" said Alice.

"That depends a good deal on where you want to get to" said the Cat.

"I don't much care where---" said Alice.

"Then it doesn't matter which way you go," said the Cat.

Curiouser and Curiouser ...but SO true!

My point is ... this year may have been full of big decisions for a lot of us, but (although the news will only tell you the horror stories) a lot of people have been choosing, adapting and pivoting until they found their new way of being. Some are even happier and thriving.

Not all COVID19 stories are sad.

This year is not over yet.

How can you raise the tone of your life, by choosing something new?

What would make you happiest?

How would you prefer to be living?

Blessings, Pip

Contact me at www.pipcoleman.com if you need some coaching to help with reframing your life situation.



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FISHY TALES WITH CRAIG EDMONDS FROM JIM'S BAIT AND TACKLE

This time last year we were complaining about the very ordinary spring we had just had and hoping that the weather gods bring some fine conditions for the summer period ahead. Little did we know that the ordinary spring weather was going to become very insignificant compared to what was about to turn up. The bushfires started the ordinary year, some of those areas are still far from recovering, and then it was followed up with Covid19 when everyone's normal lives were changed almost overnight, reminding us of just how good we actually have things normally. There is a saying that says "out of adversity comes opportunity" and while the virus has been tragic for some, and these people mustn't be forgotten, for many there has been opportunity and are now struggling to keep up with the work they have. This is great for an area like this creating employment which gives people spending money to use in the local stores, creating more employment giving more spending money, simple economy really. At the shop we are always on the glass ½ full side and think, despite how bad things are being positive gives you that reason to get out of bed every day.

A positive attitude should be taken into fishing as well and something that sadly we have seen disappear a bit out of fishing over the last few years. For some catching or not catching fish is almost life and death and there doesn't seem to be a lot of enjoyment in it. Thankfully, these people are in the minority and I really think they should take up another hobby. Covid though has produced a whole new group of people taking up fishing who are finding out it's a great hobby that the family can all do together and it's not that expensive to get into. As we have mentioned several times, we are extremely grateful to our loyal customers that have got us to this stage, and we are giving back where we can. December we will be running a whiting fishing competition "Tins for Tings." It's a simple competition that starts on the 1st of December and runs through to the 22nd. The two heaviest whiting caught during that time will win a \$100 meal voucher for either the Westernport or San Remo Hotel. There are also weekly prizes of \$20 bar vouchers for those closest to the weekly mystery weight. FREE entry, NO registration, Weight 2 whiting each per day, land, boat, kayak, more information find us on Facebook.

Fishing over the last month has been very good with even the calamari starting to show up regularly and in good numbers. The patterns have also been very predictable as well with almost all species showing up where and when they should be. Sizes have been excellent with plenty of quality pan size snapper around and whiting with an average of about 40cm. Gummies have been a little slow but still around and about that 1.2m mark. The conditions haven't been too favourable offshore with only a handful of days suitable. There have been some very good reports from those land based also with snapper, trevally, salmon, whiting, calamari and flathead reported.

While this all sounds like there has been fish everywhere there has still been plenty of people missing out on catching anything at all. As we keep saying, probably nothing to do with anything they are doing wrong - just luck wasn't with them that day. The salmon on the surf has been typical, feast or famine but on the smaller side where the size of the calamari off the beaches has been the best we have seen for many years and it's only recently that the smaller ones have started to show.

Boating and the snapper are exactly what you would expect, deep very early morning, onto the shallower areas and the corals during the day, especially if it's a bit overcast then up onto the mud for the evenings. Those fishing during the night have reported snapper from several different depths and no one place has been standing out.

Whiting were best during the evening in Dickies Bay with a high tide on dusk while over at Rhyll the last hour or so of the low tide was the best. Cleeland Bight produced the most whiting very early mornings. The bigger whiting came from the Rhyll bank with the majority caught on fresh squid strips. Wherever you go in the bay you will be pestered by very small pinkies and they are almost impossible to get away from, the good fish though are amongst them so perseverance is the key.

We have plenty of Christmas gift ideas as well as our very popular Gift Certificates and we offer layby. If you're going to have trouble hiding that new rod or reel, we are open until 5pm on Christmas eve, so come in and organise your presents now then leave them here for as late as you need. We will be closed on Christmas day then going to our normal Christmas holiday hours from Boxing day, opening at 6am, 7 days a week. From Robyn, Melanie and myself have a safe and happy Christmas and if you are lucky enough to have some time off enjoy your time on the water or sitting somewhere on the land trying to catch that fish of a lifetime. If you are visiting from other areas and haven't been here before drop in as we have plenty of information sheets to help you find a feed of fish while here.



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FAMILIES STICK TOGETHER

"I know every family has problems. But I admire those that stick together"- Leroy

Inspector Flint enjoyed an occasional breakfast with Leroy at Mad Cowes Coffee Shop in Cowes. What he didn't enjoy were the homicide calls that so often came right in the middle of the meal. He was just finishing his Belgian waffle with fruit when this morning's call took him to Marcus & Son Insurance. As usual, Leroy, the Island's resident amateur sleuth, tagged along, much more excited at the prospect of visiting a crime scene than putting on another kilo.

A uniformed officer met them in the parking lot. "The victim is Gary Lovett," the officer told them. "A Marcus & Son employee. That's Neal Marcus and his sister, Patty Lovett. She's the victim's widow." He was pointing to an anxious-looking duo, both in their late twenties.

"Mr. Marcus discovered the body at about 8:30 a.m."

Neal Marcus stepped forward. His statement sounded rehearsed. "When I pulled into the parking lot, I saw Gary's car. Gary is often here early, though he's always gone before noon. If Gary wasn't Patty's husband, Dad would've fired him long ago. The front door was open. Right inside the door I saw him, like that."

Flint examined the body in the doorway. The man's head was a bloody mess, and it took the inspector a while to realise that the rifle now bagged as evidence had been used as a blunt instrument, its wooden stock having been slammed into his head like a baseball bat. The body was cold and rigor mortis had already come and gone.

"That's my husband's rifle," volunteered the widow. "He kept it here at the office. Last night at home, Gary got this phone call. He said he had to go to the office and that I should just go to bed. I thought he might be going to see another

woman. This morning when I woke up he was still gone. So I went to find him. I must have arrived here just a minute after my brother did."

"I think we should probably call Dad," Neal said.

That call wouldn't be necessary, for at that exact moment, George Marcus was pulling into the parking lot. The burly insurance broker eased himself out of his Lexus and wordlessly took in the scene, the body, the bagged rifle, and his two children.

Patty ran up to him. "Someone murdered Gary," she moaned. "The police suspect us, Neal and me."

Marcus hugged his daughter, exchanged glances with his son, then turned to face Inspector Flint. "I killed him," he said softly and simply. "I met him here last night and shot him, right in the head. My kids had nothing to do with it."

As the uniform took Marcus's statement, Flint stepped off to the side with Leroy. "You don't have to tell me," Flint whispered. "I picked up on the clue, too."

"Perhaps, old man," Leroy said with a smile. "But did you pick up on the right clue?"

WHO KILLED GARY LOVETT?

WHAT CLUE POINTS TO THE KILLER?

VIBE READERS WILL NEED TO KNOW RIGHT FROM WRONG! HAPPY XMAS!!

NEED SOME HELP? TURN TO PAGE 18 FOR THE SOLUTION



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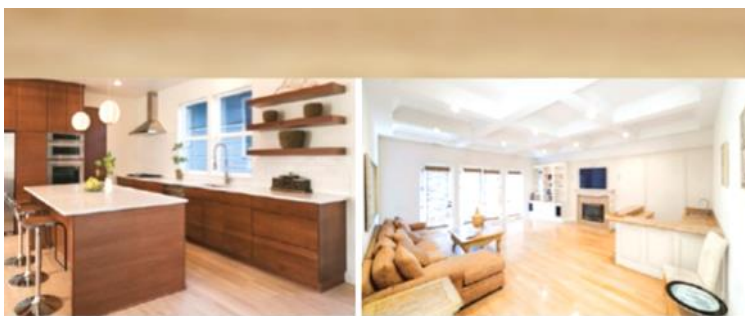
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Woohoo! Thanks to the people of Victoria and our Premier Daniel Andrews statement on 22nd November, it feels like we can cautiously skip towards a well deserved catch up with our loved ones for Christmas. And then we can give the year 2020 a giant kick into oblivion (fingers crossed) on December 31st.

Most importantly we can restart our weekly Friday lunches at the Phillip Island Club. We are currently preparing ourselves and our hall for the safe return of our beautiful members in 2021. Be sure to look out for our notices in the Vibe next year along with other local publications and posters around town too.

In 2021 The Phillip Island Senior Citizens Club will be celebrating our 50th year on the island and boy is our secretary busy planning a big celebration! It will be a big year in 2021 and we can't wait to share it with you. And if you're new to the island and are over the age of 55 years, then why not come along and check us out. It's a great way to meet new people and make new friends. We have a mouth-watering 3 course delicious roast lunch every Friday at 12pm. We will also return to having our bus pick up and drop home service. Also we have fabulous prizes to be won in our weekly raffles.

We are currently organising health talks once a month along with our table games and entertainment. And did I mention we have a byo license which means you can bring a bottle of your favourite alcoholic drink to have with your lunch if you choose. After lunch, why not continue the fun with a few games of bowls. The bowlers are a great social bunch who love to have a bit of fun ...and they always welcome new players.

In the meantime we will be holding a garage sale on Sunday 6th December from 9:30am - 1pm-ish. We have heaps of great stuff that has been donated to the club recently. Christmas shopping hasn't finished until you've seen what we have to offer for sale at our garage sale.

Looking forward to catching up with you all very soon. Merry Christmas. Stay safe and have a fulfilled summer in the sun.



DOLLARS AND SENSE BY DAVID WELLS

What a year this has been!

Nobody in the world could call this year normal and nothing in the future will likely be the same ever again. Internationally with the two major disruptions of Covid-19 and the US presidential elections, and locally with the China dispute, the work through from the Haynes Royal Commission and the shaking up of our financial regulators, the usual conventions have been changed for ever. For each of these events, there have been unintended ripple events and repercussions which will make next year even harder to predict and therefore harder for which to prepare. We started with bushfire, went through floods and then came Covid.

Covid started in late 2019 as just another "flu" from Asia and has become the most serious and wide spread pandemic since the Spanish flu of 1919 -1920. In February share markets were riding at record highs and property, while not booming was easing only slightly. Come March almost exactly a month later the share market had fallen by more than 38% and yet by June 30 it had recovered more than 33% from its low and as I write is down less than 10% from its highs. The property market was also hit very hard with auctions severely curtailed and there were forecasts of very dire outcomes. Again, as I write prices are holding in most places and increasing in others. In Australia the so-called second wave was not as bad as it may have been due to sharp, fast and effective reactions to any outbreaks.

But Covid has not gone away and in many (most) parts of the world there are serious second waves that are forcing lock downs. We don't know just how bad it will be in the coming winter months in the northern hemisphere. The USA and Europe are being threatened with severe economic hardship, should the new vaccines, which are not here yet, prove to be less effective than we wish, or harder to distribute.

In Australia only now are we starting to get back to a sustainable "Covid Normal", which is a new normal and nothing like our old normal. Our tourism and hospitality industries have been decimated and will take many months and years to recover. Many businesses will be gone for good. In our retail sector more and more people have tried shopping on-line and have enjoyed it. Much of that will remain and "stores with doors" will never have the same place in our economy again. On-line retailing will continue to grow at a faster pace, and Covid has

given this a real boost. Country towns have been hard hit. As part of this our banks, renowned as great dividend payers in the past, have been brought back to earth and have been forced to cap dividends and to remediate years of financial abuse of their clients. Our unemployment is rising but not as fast as expected and this is in part at least, a result of the government stimuli which has added nearly 20% to our economy, taking up much of the slack. Individually some will benefit more than others but on a broad scale, we are all better off than we could have been. Internationally we are seeing the US semi-paralysed while President Trump disputes the election outcomes and refuses to allow Joe Biden to prepare for the power change. The US Government will run out of funds in December unless there is progress here as well. There's so much of this in the media it doesn't need me to add much, but it will affect Australia's economy whether we like it or not.

Then we have the China spat that threatens our major exports, and has already seen, barley, wine, timber, seafood and meat exports to China halted because of our political stance. China is quite prepared to use its economic power to punish recalcitrant nations and presently they see Australia as just that.

In all of the above, there is no option for any of us at ground level to have any material affect by ourselves, so we need to ensure that we can insulate ourselves from the worst effects and to make the most of the opportunities that present themselves in 2021.

The last 12 months have demonstrated our resilience and courage, as well as our ability to (mostly) work together. Yes, it will take time for every one to get over 2020 and it will be something the memory of which will last for many years. Next issue I will outline some ways I think you can take advantage of some of the opportunities I am confident will be available.

There are good dividends out there, there are good value homes out there and we are in a period of long-term low interest rates. We can still sell products overseas and things are not as bad as they seem. Remember the adage – it's bad news that sells newspapers.

Any advice offered in this article is of a general nature only and does not take into account any reader's personal circumstances.

Before acting on anything herein, you are advised to get professional advice as to whether the course of action is appropriate for you.

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Roast Porchetta



WHAT YOU NEED:

4kg Pork Loin with the Belly on

Pink Salt Flakes (for rind)

Olive Oil

1 tsp Thyme

1 tsp Rosemary

Baking Tray with Rack

Oven on at 200 degrees

1 tsp Black Pepper

1 tsp Pink Salt

1 tsp Garlic

1 tsp Sage

1 tsp Fennel

WHAT TO DO:

Lay the pork loin on your bench rind side down and sprinkle salt, pepper, garlic, thyme, rosemary, fennel & sage onto meat side then roll thin side over eye of the loin. Using butchers string, wrap around pork tightly, make a knot and repeat every 2 or 3 cm.

Pat the rind surface with a paper towel, score the rind in between the strings with a sharp knife and cut just to the fat, cover rind with olive oil and sprinkle plenty of salt. Place in hot oven for round 30 minute then reduce oven to 160 and roast for 1 1/2 hours. Remove from oven and cover with foil & leave to rest for 10 minutes. Carve and enjoy (makes the best cold pork sandwich).

Porchetta makes one of the best spit roasts and is available to order from Hill Top Farm Meats.



SILO ART TRAIL TOUR

The Silo Art Trail is known as Australia's largest outdoor art gallery and this tour has the added bonus of a personalised pick up in Cowes and your choice of dates for a group of 25 or more.

The four night and five day tour takes in Benalla, silos at Devenish, St James, Goorambat, Tungamah and Rochester, a couple of days in Swan Hill and more silos at Lascelles, Brim, Roseberry, Sheep Hills and Rupanyup.

This tour package includes luxury coach travel and you won't be always putting your hand in your pocket with four dinners, three lunches and four cooked breakfasts included. Morning teas are served from the coach.

The tour is fully escorted with driver and hostess and four nights motel accommodation is also included.

Other highlights include a paddle steamer ride at Echuca, Beechworth Bakery, the Spanner Man gardens and Swan Hill Pioneer Settlement sound and laser show.

The total cost is \$1438 per person. A single supplement is available from \$225 per person. The cost includes entry to attractions.

For more information contact Kerrin Poupos at TravelManagers on 0411 853070.



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HIGHLIGHTS

• Billed as Australia's largest outdoor art gallery ... the Silo Art Trail sees disused grain silos rediscovered through a series of towering portraits that form a tour with a difference. This 5 day tour will take us up the Hume Highway to Benalla where we will head north viewing the silos at Devenish, St James, Goorambat, Tungamah, and Rochester. Enjoying a couple of days away from the silos in Swan Hill we then head west to the silo at Patchewollock before heading south and seeing the silos at Lascelles, Brim, Roseberry, Sheep Hills and Rupanyup. Our art tour doesn't just include these amazing silos, we will also visit the legendary Spanner Man and be in awe of what one man can do with his imagination and a lot of old spanners. With lots more to see than just the silos this truly will be a most memorable trip.

*Conditions apply. Advertised prices are per person twin share and land only. Prices are correct at time of publication and are subject to availability and change at any time without notification due to fluctuations in charges, taxes and currency. Savings are included in the advertised prices. Third party supplier and other conditions apply. Please contact me for full terms and conditions. *A minimum of 25 adults is required to guarantee tour departure.



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Landscape design and construction tips

By Rob Waddell from



Design tip:

When creating a new outdoor space, always try to balance the hard and soft surfaces. For every square meter of concrete, deck or paving try to incorporate a square meter of lawn or plants. Greenery softens your outdoor area and makes a huge difference both in visual appeal and providing a cooler feel in these upcoming Summer months. If space is tight you could consider a creeper on a boundary screen or grow a vine overhead on a pergola to help soften the space.



A deciduous vine like *Parthenocissus quinquefolia* (Virginian creeper) will lose its leaves in Winter and while some will see this as a negative, it allows extra light in the Winter and added shade in the Summer - not to mention the beautiful deep red autumn colours that far outweigh any negatives of a bare vine during the coldest and darkest months of the year when we're spending most of our time indoors anyway! Anyone who's made the journey through Winter with a bare vine knows what I'm talking about with a full, healthy and thriving vine now in Summer. However if an evergreen variety is a non-negotiable, *Trachelospermum jasminoides* (Star Jasmine) is a hardy variety that winds its way through a mesh screen or tension wires. Jasmine won't lose its leaves and produces a small but beautifully scented flower from late Spring through to Autumn and is a reliable choice for coastal conditions.

Sometimes when we hear plants we think maintenance. While it's generally true that the best looking plants and gardens have some kind of maintenance requirement, a clever landscape design can incorporate plants with close to zero maintenance requirements such as *Lomandra*, *Arthropodium* or *Dietes* to provide some greenery and life without requiring a full time gardener. So to achieve a softer and more inviting outdoor space always remember to balance the hard and soft surfaces with lawn or appropriate plant varieties.

Gardening tip: How nice is it to have such nice warm sunny days on the island again! What a fantastic time of year! As we see our plants and lawns take off with new growth, make sure you're prepared to deal with the continuation of the growing season. If you fertilised at the start of Spring and are trying to give your garden an extra boost, you can give your garden another dose of slow release fertiliser like Osmocote or Powerfeed, or even a liquid seaweed fertiliser like Seasol.

Encouraging healthy growth in your garden is great, but make sure you keep on top of the maintenance at the same time.

Weeds can grow just as fast as your plants (or faster!) so be sure

to pull them out, and also make sure you prune and hedge appropriately throughout the growing season so the garden growth doesn't get away from you. As enjoyable as it is to watch your plants shoot off and reach for the sky, you should prune the new growth to avoid your plants becoming 'leggy'. This is when you have long stalks or branches but the foliage is really sparse - almost like the branch was growing so fast that the leaves couldn't keep up! For a nice dense hedge it's better to do a light prune often, instead of a heavy prune infrequently. For shrubs it's usually best to trim the new growth to keep it compact, but if it's already got flowers wait until they've expired so you don't lose your colour display! Note: This is general advice, there is a vast array of plant varieties so check your individual plant requirements before trimming, or call Waddell Design if you're not sure.

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LE0015

RUSSELL BROADBENT MP
FEDERAL MEMBER FOR **MONASH**

MERRY
CHRISTMAS

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friends this Christmas
enjoy Phillip Island life
and support local.

Here's to a brighter
2021!



(03) 5623 2064 46c Albert Street, Warragul 3820

russell.broadbent.mp@aph.gov.au



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



We would like to thank the community for supporting our business so that we could support our local fisherman. We hope you enjoyed cooking up a seafood storm! Now it's time to prepare for Christmas celebrations.

CHRISTMAS ORDERS OPEN DEC 1st AND CLOSE DEC 18th

CHRISTMAS TRADING HOURS

Monday Dec 21 - Wednesday Dec 23 8.30am - 5pm

Thursday - Christmas Eve 7am - 4pm

CLOSED DEC 25, 26, 27 & 28

Re-open on Tuesday Dec 29 8.30am - 5pm

SEE SOCIAL MEDIA FOR ALL TRADING TIME UPDATES



seafood.bassstraitdirect

bsdirect15

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during Christmas
& New Year
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This enables us to provide Fast Cost Effective Legal Services in Criminal Law, General Family Law, Parenting Rights, Property Settlement, and Business Law.

So you can call James McConvill & Associates over the Christmas and New Year period, Monday through to Sunday from 9a.m to 7p.m. on 1800 754 401



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LAWYERS

A BETTER WAY

James McConvill & Associates 145 Smythe Street, Corinella, Victoria, 3984

ZONE 1

Cape Woolamai, Wimbeldon Heights, Ventnor, Newhaven, Rhyll, Smiths Beach, Sunderland Bay, Surf Beach, Sunset Strip, Bass, Grantville, Pioneer Bay, Jam Jerrup, The Gurdies, Lang Lang, Silverleaves, Cowes

Bin Calendar - Zone 1



- Landfill and Organics
- Landfill, Recycling and Organics
- Recycling and Organics
- Free Green Waste disposal (31 Oct - 22 Nov)
- No collection

September 2020						
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Zone 1 collection days – Monday: Cape Woolamai, Wimbeldon Heights, Ventnor | **Tuesday:** Newhaven, Rhyll, Smiths Beach, Sunderland Bay, Surf Beach, Sunset Strip | **Wednesday:** Bass, Grantville, Pioneer Bay, Jam Jerrup, The Gurdies, Lang Lang | **Thursday:** Silverleaves, Cowes

ZONE 2

Corinella, Coronet Bay, Tenby Point, Dalyston, Harmers Haven, Kilcunda, San Remo, Archies Creek, Cape Paterson, Inverloch, Wonthaggi, South Dudley, Wattle Bank

Bin Calendar - Zone 2



- Landfill and Organics
- Recycling and Organics
- No collection
- Landfill, Recycling and Organics
- Free Green Waste disposal (31 Oct - 22 Nov)
- Corinella, Coronet Bay, Tenby Point: Landfill and Organics
- Wonthaggi, South Dudley, Wattle Bank: Recycling and Organics

September 2020						
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December 2020						
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February 2021						
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March 2021						
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April 2021						
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May 2021						
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August 2021						
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Zone 2 collection days – Monday: Corinella, Coronet Bay, Tenby Point | **Tuesday:** Dalyston, Harmers Haven, Kilcunda, San Remo, Archies Creek, Cape Paterson | **Wednesday:** Inverloch | **Friday:** Wonthaggi, South Dudley, Wattle Bank

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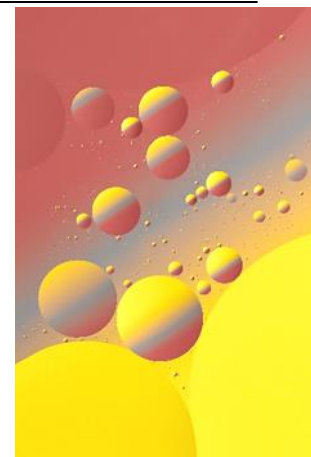
USING PHOTOGRAPHY TO IMPROVE YOUR OVERALL WELL-BEING

Art therapy has been used for years to help people reduce stress and help with healing. Ways to use photography to improve your own mental health, emotional state and reduce stress.

1. Simply for creative expression
2. Encourages you to get out into nature more.
3. It is something you can do with others even social distancing
4. Use your skills for good. (Give back to a worthy cause, group or person)

1/ The more you use your creativity the better it becomes. How?

- Try a new shooting technique that you haven't done before such as using a lensball, macro photography with oil and water or capturing light trails at night with long exposure.
- Experiment with new post-processing techniques or new editing software.
- Go and shoot something just for yourself with no agenda or goals, no attachment to the outcome or results. Shoot with reckless abandon.
- Shoot with your smart phone. Play with editing in Snapseed for fun. Go crazy with filters and see where it goes.



*Planet and Suns by Will Hurst.
Will used Oil on Water Macro
Photography for this creative shot.*

2/ Get into nature more. Now is the perfect time to take a drive in the country. The ultimate social distancing. Spending time in nature is refreshing. Smell the fresh air. Listen to the birds. Observe everything around you. Touch a leaf or soft moss and use your camera to capture it all. Or just take your phone to capture the moment. **3/** Photography is something you can still do while social distancing.



*Fog on the Murray by Kathryn Shadbolt
Getting out into Nature and capturing its
beauty.*

Meet up with a buddy and go hiking. Do a fireside chat – virtual travel photography and share images on video conferencing to virtually travel around the world.

4/ Use your skills to help others. Charities can use photographers skills for publicity and promotion. Sporting groups like to have photographers at their “fun-runs”, swimming festivals etc. Get involved.

If you found this article of interest and would like to find out more go to www.phillipislandcameraclub.com.au/contact/

Or for more information on Phillip Island Camera Club phone Jenny on 0408 355130.

Ref: <https://www.digitalphotomentor.com/photography-well-being>

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Jade 0401 732210**



We will be commencing our marketing program to welcome visitors shortly. Take advantage of our 2020/21 recovery package which is FREE to 30 June. Our recovery package includes:

- Digital promotion of your business on websites visitphillipisland.com.au / visitbasscoast.com
- Listing on visitvictoria.com / australia.com*
- Regular updates and information on grants, support programs, training opportunities
- Marketing support and invitations
- Opportunity to network with other businesses

Eligible businesses include:

Attractions, Accommodation, tours, health and wellbeing, restaurants, cafes, shops, produce stores, wineries, breweries, event suppliers and more

*subject to conditions

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Naughty AND nice!

By Lynne Wells

As children growing up we knew that Santa was watching us and that he kept two lists, one for the naughty children and one for the nice children. The closer we got to Christmas the more our parents referred to that list! None of us wanted to receive a lump of coal as Santa did in some countries or worse still, less or no presents! We were aware that Santa was watching us! In the days of my childhood how he watched us was a mystery, clearly he used his magical powers to observe and record a history over the year of our behaviour! A record, we were told, that lasted right through to our adulthood. We believed elves were the key bookkeepers, studiously recording the actions of millions of children the world over.

Just how naughty or how nice we had to be, was never really explained. Major crimes like slapping an annoying little brother, or throwing food at your sister, definitely put you on the naughty list, minor infringements like wriggling in church or sticking your tongue out at Aunt Freda behind her back, because she commented on how big your feet were, would also put you on the list. The confusing part of the rules were that they seemed to differ from house to house. For example, at Aunt Freda's house, children talking at the dinner table put you on the naughty list whereas at our noisy household where everyone had a say and an opinion, it didn't apply.

Now, in this day of technology, Santa has become a hacker, invading our mobile phones, our iPads and our computers to monitor our behaviour and keep a spreadsheet of our misdemeanours and good deeds. I also have been told (by a five year old who has better technology skills than I do), that he uses drones (red and green ones of course) to watch our movements and compile a final report for Christmas Eve prior to allocating presents and loading them on the sleigh.

Of course, once you reach adulthood this naughty and nice list no longer governs our behaviour close to Christmas. Which in some ways is a great pity because some people's behaviour at this time of year definitely puts them on the naughty list while others clearly operate within the guidelines of acceptable social behaviour. So as adults how do we walk the line of Naughty and Nice at Christmas? Maybe we shouldn't tell home truths after a few Christmas drinks to our boss or Aunt Freda who is now, after all, over ninety and she probably wouldn't hear you anyway. Maybe it is saying thank you and I love you to the parents that encouraged you to think for yourself and have opinions. Maybe it is a recognition that what ever religion or creed you follow and however you celebrate the coming holidays, you recognise that being nice is as simple as taking your turn in the queue, giving way to pedestrians, thanking a checkout operator for their service, smiling at people walking down the street, not tailgating that elderly driver who is slower than you would like. Ensuring that your children say please and thank you and respect their elders is always a nice touch.

The holiday season, despite coronavirus, will be what you make it, you may not have as much money this year to spend on Christmas but that isn't important. What is important is that you balance naughty (a few extra drinks or overindulging in food) with nice (fun, laughter and love) because you have to remember as an adult.... Santa may not be watching, but your children are!

ISABEL & CHLOE – THE JOURNEY BEGINS

Debut Book by Local Author – Samantha Hampstead

Who would have thought that a small medallion would have started an epic journey for Phillip Island resident and debut author - Samantha Hampstead.

Samantha has just spent 9 years researching and writing her first book – *Isabel & Chloe – The Journey Begins*. Whilst the book is fiction, it is based on historical facts and an alternate scenario and centres around the royal history of Portugal and the noble House of Aviz.

Sam stated "My interest in the House of Aviz and France started when my grandmother was seriously ill in hospital. Going in and out of consciousness, she took my hand and gave me the medallion that I had bought from a small bric-a-brac shop in Melbourne. Nanna said "I want you to go back to France and tell me how it has changed". This medallion had symbols and Sanskrit on the front. I knew then that this medallion needed further investigation and it started my hunger to find out more."

Samantha chose writing as a career due to this medallion and her pursuit to get answers but also due to a lifelong struggle with epilepsy. Numerous health issues were constantly dictating her life and around activities that were achievable. Being a writer gave Sam freedom to work around her day-to-day health issues and to work within her limitations.

Isabel & Chloe is the story of the life of Chloe, a 13 year old French girl during the 1500's and the challenges faced when working as a servant for a prominent aristocratic family during the Crusades. Chloe then learns that she is second in line to the Portuguese Throne and one of the last remaining members of the House of Aviz. This gripping tale encompasses romantic torture, love, secrets, deceit, religion and devotion.

Sam added "The lives of Chloe and Isabel are now part of me and I have already started to write the next book in the series – "Chloe & Andreas – The Heir Rising". I'm not going to give too much away but ... the thriller ending of "The Journey Begins" comes to fruition and the strong bond and connection between Chloe and Andreas is cemented. Isabel & Chloe – The Journey Begins is available at bookstores, online or locally at Turn The Page, Cowes.



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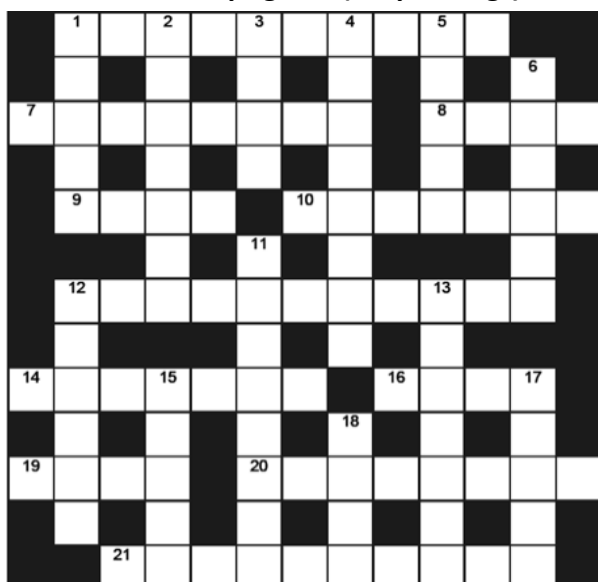
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Brain Food

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



Vibe Quick Crossword 131

Across

- 1 Going backwards (10)
- 7 Bare bones (8)
- 8 Leave out (4)
- 9 Cease (4)
- 10 Nestles (7)
- 12 Not pleased (11)
- 14 Greed (7)
- 16 Self-satisfied (4)
- 19 A girl's name (4)
- 20 Addition to a document (8)
- 21 Chemical reaction with water (10)

Down

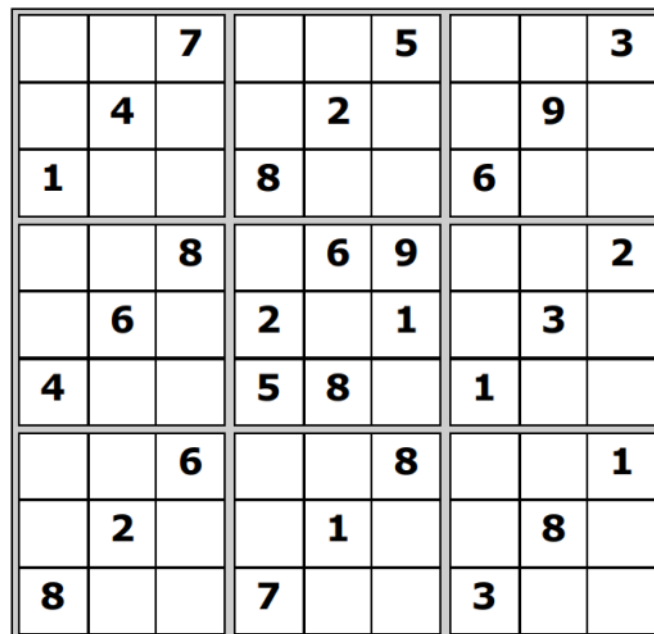
- 1 Garden tools (5)
- 2 Runs (7)
- 3 Consumes (4)
- 4 Cheerfully optimistic (8)
- 5 Smell (5)
- 6 Inspected (6)
- 11 Recliner (8)
- 12 Holy (6)
- 13 Expresses grief (7)
- 15 Prepared (5)
- 17 Increases (5)
- 18 Precious stone (4)

TRIVIA QUIZ



1. Before being named Melbourne, what was the city known as?
2. Which classic Aussie film features the phrase "Tell him

he's dreaming"? 3. Who is the only Australian to win the Nobel prize for literature? 4. Which luxury car brand sponsors the Melbourne Cup? 5. What is the name of the former Australia Post CEO who resigned amidst the Cartier watch scandal? 6. What song does Tom Cruise lip sync in the Cocktail movie? 7. Who voiced Dory in Finding Nemo? 8. What is the name of the Chinese City where the Corona Virus originated from? 9. How old is David Attenborough? 10. What animal has the longest lifespan? 11. How many years anniversary did Qantas celebrate on November 16th? 12. What does Qantas stand for?



Vibe Sudoku 131

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

FAMILIES STICK TOGETHER WHODUNNIT SOLUTION

"George Marcus didn't have a chance to ask any questions," Flint explained confidently. "He saw the victim's bloody head and the rifle and assumed Lovett had been shot. But, of course, he hadn't been."

"And that indicates his innocence?"

"Absolutely. He's protecting his kids."

"Which is exactly what he wants us to think."

Flint frowned. "What are you talking about?"

"Marcus wants us to think he's making a false confession. He knew we'd pick up on his mistake and strike him off our suspect list. Very clever of him."

"How do you figure that?"

"Because he knew Lovett had been killed last night. Lovett is often here early, but he rarely stays past noon. An innocent man would have assumed Lovett had been killed this morning. Only the person who telephoned him last night and lured him here would know when Lovett had been ambushed and killed."

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Surf News by Ed Amorim (@prosurfcoaching)

Just a reminder that @prosurfcoaching_ is part of the "Movember" campaign to promote the health care in our community and we encourage our students, family and friends to participate and promote the prevention of prostate cancer. We will award a "one free surf lesson" voucher to the best moustache amongst our surf students. To participate send your best photos at the end of the month to show your style Mo. We encourage everyone to be part of it.

Pro Surf Coaching grommets program starts this Saturday. With the success of the previous weeks, easing of restrictions and better weather @prosurfcoaching_ decided to open a second session for our kids every Saturday at 10 am. Wednesday at 4pm is still running too so double fun surf sessions for the little ones. Bookings available. We always manage to provide quality surf lessons for kids in small groups to develop surf skills, learn safety and fun on the beach plus make new surf friends. We divide it in 3 divisions: Micro grommets 1 to 5 years old, Mini grommets 6 to 9 and Mega grommets 10 to 12 years old. We provide all the equipment necessary but preferred if they have their own wetsuit to but if you don't have one it can be provided. The lesson will include: introduction to skateboard for surfers, safety briefing at the beach, techniques demonstration and surf practice. Cost: \$80 each kid. We look forward to see your name on the list. (just 5 spots available in the group). Feel free to contact us with any other questions. 0490406005. Well done to our little ones from the PSC Grommets Program. You guys have been awesome in all different surf conditions. Great to see you also push your limits on the surf gym warm up. Fantastic sessions - see you every Wednesday and Saturday always at 4pm at Smiths Beach.

The surf feeling A happy face after one of our surf sessions means a lot to us. That's the result of your success and goals having been achieved. Your adrenaline and all the good sensations are back in your body. A free smile means that everything is good in that exciting moment you live. Your own moment to enjoy the results of a great session of surf. Magic feeling.

New rubbish on the island Sad to see a new type of rubbish invading our beach now, the crap covid-19 mask. What's happening with this world how can someone drop a mask on the beach for others picking up... are you for real??? Yes I am mad here with this new situation.. go to the beach and leave the mask (new rubbish) to the others pick up is not on.

It can be infected or dirty - how bad is that? Please guys take your rubbish home with you and don't leave it laying everywhere. Everyone has the right to enjoy the place as you found it. It's unfair to others. Please contact @basscoastshire. We need more rubbish bins on our beaches now.

Rubbish is flying everywhere and it all ends up in the ocean or somewhere on our beautiful island. We need to educate tourists to respect our place. During the lockdown period we hardly saw any rubbish. Now it is out of control again. We need action, a serious campaign for more rubbish bins.

Position for surf coaches at Pro Surf Coaching Surf Academy based on magic Phillip Island. We are looking for two new members to join our awesome team of surf coaches. Level 1 and 2 preferred but we also need assistant coaches to help us during the busy summer months. If you love surf, have good coaching skills and have the right attitude, please contact us on 0490 406005. Prepare your resume and get ready to start a new career with our surf family. Looking forward to hear from you. Ed Amorim.

The Surf & Yoga Program The Surf & Yoga Program is on again. We would like to invite all the yoga studios to be part of it. You can bring your students for a special class on the beach followed up with a surf session and a discovery tour around, showcasing the best places and parks on the island.

Surf simulation training A surf simulation training session with @smoothstar is the easy way to optimise your time on the board, develop muscle memory, give attention to the basic fundamentals, safety tips, exercises and the vertical element conception. All in a full two hour lesson now available in Phillip Island, Mornington Peninsula and Melbourne. Contact @prosurfcoaching_



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orders now
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EXPERIENCE REVERSE LIVING WITH METRICON'S FIRST OF ITS KIND ALTO DISPLAY IN GRANTVILLE

Metricon Homes recently unveiled an exciting new display home in Grantville. The innovatively designed Alto is part of the Freedom by Metricon range and challenges traditional two-storey living, with three bedrooms located on the ground floor and a grand open plan kitchen, dining and living area and master suite located on the first floor.

This clever design flip, known as reverse or upside-down living, is becoming increasingly popular in Australia. It allows homeowners to maximise any views their property might have, as shown by the Alto which boasts a stunning vista out over the nearby coastline. Other benefits of this type of design include more natural light and airflow in the kitchen, dining and living areas and more privacy throughout the entire home.

The home's Hamptons inspired Yale façade also encapsulates its coastal surroundings, rendered on the ground floor but featuring timber cladding on the first floor. This is further enhanced by a balcony at the front and rear of the first story ensuring you can enjoy the views no matter where you are in the home.

In addition to three bedrooms, the ground floor includes a generous study, which is a part of the home that has become more important than ever this year; a leisure room that opens to the outdoors, and a bathroom, making it a very flexible space.

However, the 'wow' factor begins when you make your way up the large semi-cantilevered staircase to the first floor that features an internally pitched roof with a vaulted ceiling. This adds volume to the space and makes it feel open and inviting.

The opulent kitchen – complete with a large island bench and a butler's pantry – is white and bright, complementing the home's location. It also has access to the front balcony, providing ease of transition when entertaining. While the large family and dining area overflows onto the balcony at the rear.

The master suite also has direct access to the front balcony and stunning views, giving it a luxury hotel like feel. Its ensuite, which flows from the walk-in robe, features timber accents to extend the coastal vibe into this space and black tapware for a modern touch.

"These are just some of the thoughtful design features that really set this spectacular home apart," Metricon's Gippsland Manager, Jeff Telford said.

"The Alto is truly perfect for those who like to entertain, families with older children or a holiday home and shows that people can access reverse living at an affordable price."

All Metricon's Victorian display homes are now safely re-open to the public, including the Alto for you to see and experience firsthand.

However, those who would prefer to explore the home privately still can. Simply call **1300 638 742** to book a one-on-one appointment with Metricon's local New Home Advisor, Melanie Playdon.



Book Reviews

**By Turn The Page Bookstore,
40A Thompson Avenue, Cowes
Phone 59521444**

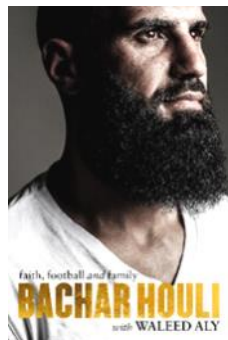
To our customers and friends, we appreciate your support in what has been a difficult year for so many. We can be contacted in the following ways and you can check out our website through the links below.

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Faith, Football and Family

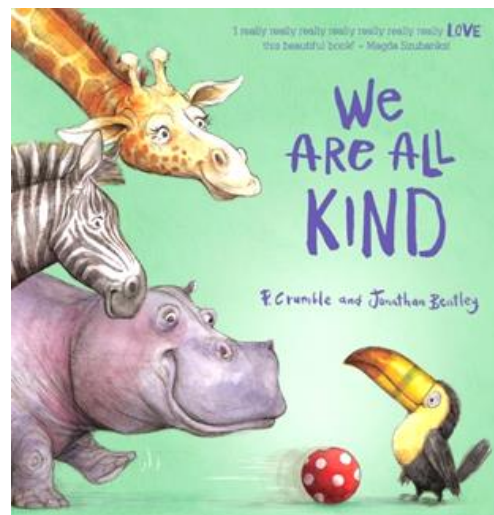
By Bachar Houli

RRP \$34.99

Bachar Houli is as accomplished an AFL footballer as they come. He's been part of three Richmond Premiership sides, he was an All-Australian in 2019, and with over 200 games to his name he remains a key part of a champion team.

Picked at number 42 in the 2006 National Draft by Essendon, Houli played 26 games for the Bombers before moving in late 2010 via the pre-season draft to Tigerland, where rookie coach Damien Hardwick was assembling the team that six years later would achieve the seemingly impossible and claim Richmond's 11th Premiership. Another flag followed two years later, with Houli close to best on ground in both deciders.

Yet it's as the AFL's most prominent Muslim player that Houli is best known - and his strong Muslim values are at the heart of the man he is. Writing for the first time, Houli explores the experiences and beliefs that sparked his trailblazing success as a Muslim footballer, and that established him as a leading voice within the AFL community for inclusion, understanding and tolerance.



We Are All Kind

By P. Crumble and Jonathan Bentley

RRP \$19.99

This has been a year that has challenged us all and we have been tested in so many ways. This is a beautiful, gentle book for both children and adults to read together and help us all understand how we can help each other through difficult times.

No matter who you are, this book celebrates that we can all extend a hand, make amends, share a laugh, solve a problem, heal a hurt, and love one another. There are so many ways to care and to show that . . . we are all KIND.

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All money raised goes to help the Senior Citizens Club which is a not for profit group

Social distancing will be practiced

Entry via the side door and parking available behind the club at the end of Watchorn Rd, Cowes
 Great bargains for Christmas

Christmas Day Community Lunch

Regrettably, the Phillip Island Community Services Group will NOT be hosting their annual Christmas Day Community Lunch at St Philip's hall because of COVID-19 restrictions and the possible increase risk during the tourist season

However, if you really need some support, please contact PICAL

Ph 5952 1131

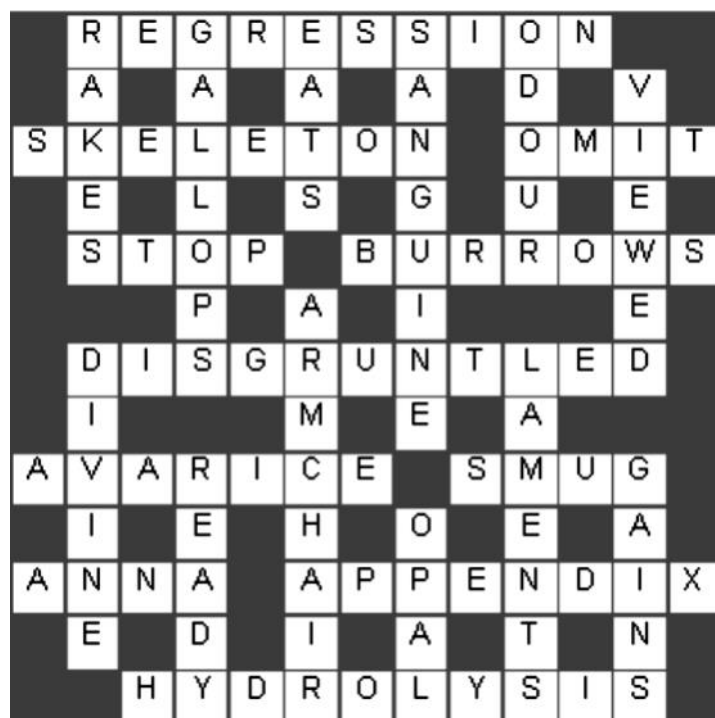
Monday - Friday

9am - 3pm at

56-58 Church Street,
 Cowes



PUZZLE SOLUTIONS



ANSWERS TO TRIVA QUESTIONS 1. Batmania 2. The Castle 3. Patrick White 4. Lexus 5. Christine Holgate 6. Old Time Rock 'N Roll 7. Ellen Degeneres 8. Wuhan 9. 94 10. Giant Tortoise 11. 100 years 12. Queensland and Northern Territory Aerial Services

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

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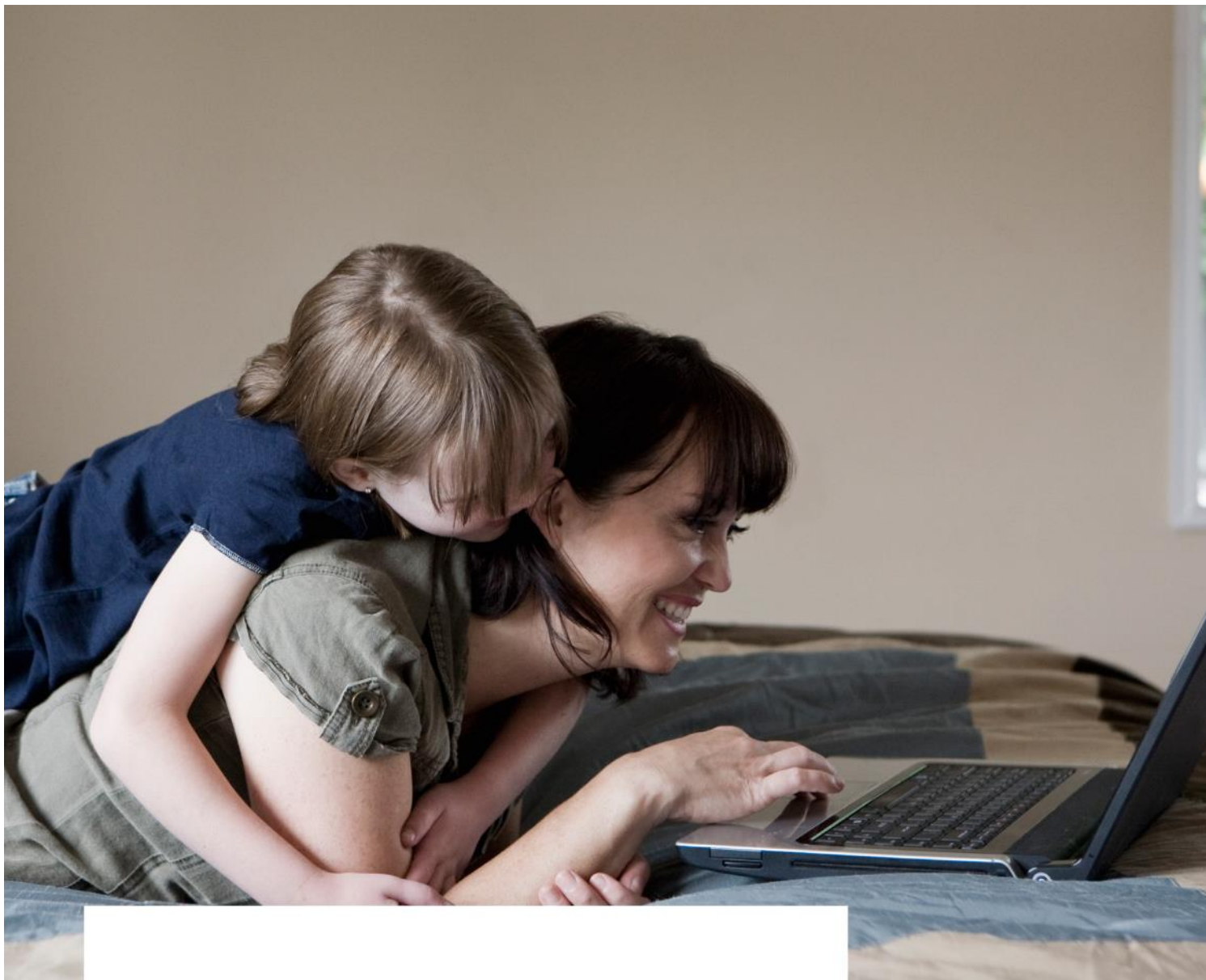
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OH WHAT A FEELING

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