

PHILLIP ISLAND VIBE

Free

phillipislandvibe@outlook.com

P: 0407 266 271

www.phillipislandvibe.com.au



ISSUE 125 JUNE 2020



Phillip Island Nature Parks recently announced the results of the 2020 Annual Seal Spotter Challenge. They had fantastic participation this year with 289 citizen scientists from 37 countries getting involved in the count. Users marked 281,197 seals in 14,289 images in just two short weeks – a 40% increase on last year! And more great news is that Phillip Island Nature Parks will be reopening three attractions on Friday, June 5th. The Penguin Parade, Koala Conservations Reserve and Churchill Island will re-open with limited capacity of 100 visitors. Online bookings are essential. Photo credit: Phillip Island Nature Parks.

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

COMMERCIAL & DOMESTIC SERVICE, INSTALLATION, MAINTENANCE AND SALES

NORTON
Power Equipment
Factory 1/96 Dunsmore Rd, Cowes, Phillip Island
0448 728 818

Lawn & Garden Equipment Repairs

New Mowers in stock. Logsplitters now available

Sorohan Plumbing

Your plumbing maintenance specialists

Phone Dave
0487 921113

sorohanplumbing@iinet.net.au

STEAK SANDWICH KITS \$50

- Grass Fed and Free Range Meat Available
- Speciality Tassie Scallop Pies
- English Produce

Open Monday to Friday 9am till 5.30pm
Saturday and Sunday 9am till 4pm

35 Coghlan Road, Cowes 0409 817209

Winter Special

Get in now before the big chill sets in

Supply and installation of a 7kw Panasonic reverse cycle inverter split system. Fully installed for only **\$2150***

*Plus gst - conditions apply

ALWAYS COOL
AIR CONDITIONING

Call us on **1800 931 631**

Call your local and friendly, experienced team that specialise in installation of heating and cooling systems



Newhaven College



Come see our College

Tours by appointment

To book contact our Registrar Belinda Manning
 P: 5956 7505 E: belinda.manning@newhavencol.vic.edu.au

Limited places available - Junior School & VCE in 2021

Newhaven College is an independent, ecumenical and co-educational school offering a diverse academic curriculum with a caring pastoral approach. Our students enjoy excellent facilities and a diverse range of co-curricular opportunities.

1770 Phillip Island Road, Phillip Island
www.newhavencol.edu.au



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

The case of the missing necklace

Hopefully regular readers of my whodunits will have almost mastered the art of sleuthing. Naturally it takes a lot to match wits with Leroy, our resident sleuth on Phillip Island- just ask his mate Inspector Jack Flint of the Cowes constabulary!

There are three main points for sleuthing. Gathering concrete evidence, interrogations and analysing information. Of course, throw in intelligence, logic and a keen appreciation for realising when someone is lying and to spot the lie. Easy eh? Read the following whodunit and when you think you have solved the crime, see if you agree with Leroy's solution. Take your time, restrictions are still in place, drink your coffee, slowly!

For a woman of leisure and wealth, Sheila Du Bois kept a demanding schedule. On Thursdays, for example, she was awakened at 8am and served breakfast in bed by Tony, her chef. He had been in her employ for a year. The woman was gorgeous, with smoky emerald eyes and hair the shade of autumn that takes your breath away when the leaves change colour in the fall. He was an attractive man but she didn't seem interested, unlike other rich women of his acquaintance.

Next came a quick fitness session with Nancy, her personal trainer with a chequered past who wanted more than a life of oiling and rubbing.

Monika, her secretary, would be waiting in the study and, at 10am, Milly would be there to answer her mail, return phone calls and rearrange her social calendar.

Sheila had rescued her staff members from insecurity, even, in Nancy's case, a spell inside, and given them well paid jobs, but their envy was palpable. Hell, Sheila couldn't help it if she was clever, filthy rich and her grandfather owned a brewery in Scotland.

At noon, Shelia would drive her Jaguar to the station and take a bus into Cranbourne for her weekly luncheon with Julie and Karen, her two oldest and dearest friends who would motor in from Toorak.

Then on to a little shopping. The 4:05 the Island bus would bring her back to Cowes. As Shelia invariably drove up to the house at 4:55, Nancy would have already set up the massage table and warmed the scented oils for a soothing herbal wrap.

It was a gruelling life but Shelia seemed to thrive on it. On this Thursday, however, there was an unexpected change of plans. Today Sheila's shopping errand involved taking her diamond necklace into the jewellers for a cleaning.

She threw the expensive bauble into her purse and proceeded on to lunch, her mind salivating over the imminent choice from Peter's menu of pasta and reds. She would order Spaghetti with meatballs and tomato sauce.

As Shelia kissed her friends' good-bye and exited "Peter's Pizzeria," she sensed she was being followed. The feeling continued until she joined a throng of shoppers exploiting freedom from Covid restraints.

Shelia felt a tug, within a split-second a man on roller skates

sailed past her, grabbing her purse. She was distraught. She had planned to wear the necklace to her grandson's wedding next month. The police responded quickly. But there were statements to take and forms to fill out and the 4:05 bus left without her. Shelia was very upset- she waited and caught the next one and got home an hour later. The ice in the welcome-home cocktail Monika had mixed had already melted.

The heiress was nearly comatose with despair. Nancy hurriedly set up the massage table and mixed the oils.

Meanwhile, Monika was in the kitchen watching Tony try to re-time tonight's dinner. "You know," Monika said as she tasted the melted cocktail. "This was an inside job. The thief followed her. He obviously knew she was carrying that necklace."

Tony basted a Cornish game hen as he thought. "You have family in Cranbourne, don't you, Monika? And wasn't it you who prodded Sheila to have her necklace cleaned before the wedding?" "You think it was me?" Monika stammered. "What about you? You knew about the necklace. So did Nancy. And, if I'm not mistaken, her cousin owns a roller skate shop near the Cranbourne Shopping Centre.

"Yes," Tony replied. "But you had the afternoon off. You could have followed her and stolen it yourself."

Late that evening, after they had put Milly to bed, Nancy joined the argument, with each employee accusing the others of plotting the jewellery heist.

Well readers—Who was behind the robbery? Did you spot the clue? If you need some help, turn to page 18 for the solution.

Annual
WINTER
SALE

20% OFF
ALL MARKED PRICES
ALL STOCK REDUCED
10 DAYS ONLY
JUNE 5TH-14TH

island shoes
FOR SERVICE, RANGE & VALUE



Howarth Kitchens Pty Ltd

- Kitchens • Vanities • Robes
- Office • Laundry etc

NO JOB TOO SMALL - EST 1980

howarthkitchens@gmail.com

Phone Garry on 0418 321402

We are now supplying at Phillip Island
Showroom available at Surf Beach
Appointment only



Let's get cooking

Simple and delicious recipes from
Paul at Hill Top Farm Butchers



The perfect steak sandwich

WHAT YOU NEED:

- | | |
|----------------------------|------------------------|
| 1 kg Scotch Steak cut thin | 1 packet Steak Cheese |
| 1 sliced Onion | 1 packet Garlic Butter |
| 4 Baguettes | 2 tsp Sugar |
| 2 tsp Red Wine Vinegar | 1/4 cup Milk |

WHAT TO DO:

Melt cheese in a pan with a little milk to make a Cheese sauce.

Place 1/4 of the butter in a pan with onions, sugar & red wine vinegar and simmer until onions are Caramelised.

Heat up griddle pan. Place steaks in pan fry for one minute on each side.

Cut the baguettes in 1/2 and spread remaining garlic butter on top. Place some onions on the bottom followed by the steak and then top with cheese.



ISLAND ELECTRICAL MAINTENANCE

Can't get an electrician to do all of those
small jobs around your home or rental?

For prompt & reliable service

Call Dave on 0409 435 207

R.E.C. 20993



LANGMAID BUILDERS

0409 039 877



- Renovations • Additions • Decks
- Pergolas • Maintenance



Eighth Element

Bass Coast holiday accommodation and airbnb property management service offering:

- Check-in coordination & guest communication
 - Individual personal service for guests
 - Professional cleaning & linen service

Phone 0421 665227

enquiries@eighthelement.com.au

Surf News by Ed Amorim (@prosurfcoaching)

Back to surf... back to life

It's so great to start to enjoy the wind in our face again, listen to the ocean music, lose our eyes on the horizon line, hug the sand, sing with the birds and be happy with ourselves now that lockdown has eased. YES my friends, we made it. We survived this extreme time using our best survival techniques and now it's time to get our life back on track using what we learnt about ourselves during silence and alone time. Get ready, the world is waiting to see all of us again... welcome back.

Notice: Pro Surf Coaching are OPEN again

We would like to inform our students, sponsors and supportive friends that we are back operating with a normal private sessions (one on one) 2 hrs lesson on the best surf conditions possible. All with maximum respect and compliance with recommendations for COVID safe social distances and hygiene. Coaches @edamorim.brothers and @heymannsurfing @gutoamorim are now available. Also the other surf school is back in business for small groups. Please contact us for more information.

Our tutorial on the Cut back manoeuvre

This movement will get you back to the original point when you're far from the energy source of the wave. The perfect choice for restarting your trajectory. It's a very functional manoeuvre that is composed by the full turn with changes to complete the direction following a second manoeuvre when you hit the foam bowl and turn to get back on the wave again in your previous direction. How high you go depends on your best timing and holding position better and easier and your want to complete it. Combine style and flow without losing speed and the session of the wave. We love to see a good cut back. Let's try it.

Surf Girls

This month we would like to send our recognition to our surf girls. Not just the ones from @prosurfcoaching_ but from everywhere. We have just a few to represent this immense contingent, that grows in numbers every day to make the surf spots more colourful, happy and balanced. Well done girls. All the hard work, dedication and commitment already bringing positive results, great performance and so much fun. Go girls. See you in the line up.

"You can travel to have a surf"

Victorian premier Daniel Andrews clearly says this on the updated pandemic management plans for Victoria. Very good news for our students and friends that have been out the surf for so long. Let's go surf.

How to go surf with the pandemic:

It's now the time to get back into surfing but with some caution. Firstly are you feeling well and good to go? If you're not feeling 100%, make sure that you don't leave home as you risk Coronavirus. Secondly, check your equipment. If it's all good head to the beach and check the conditions.

and lastly, make sure you're fit enough to go for it. Try to find easy waves to start with. Remember, you may have lost a bit your condition and ability so take it easy, preferably with a bigger board and with a bit more flotation than normal so you will paddle better and take the waves easier. Start slowly and build it up. Enjoy it and respect others around you by safely distancing. Use good sense all the time.

Now, just get out there. Good luck and good waves.



ISLAND
PRIMARY
PRODUCE

PADDOCK TO PLATE

**WE ARE OPEN WITH EXTRA
COVID 19 RESTRICTIONS IN
PLACE TO KEEP EVERYONE SAFE**

OPENING HOURS

Monday to Friday 7am-5.30pm

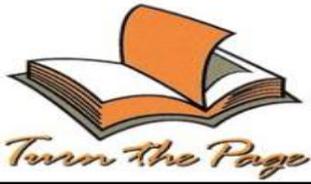
Saturday 7am-3pm

Phone orders taken - Eftpos available

Jake and Tania McStay

511 Ventnor Rd, Ventnor

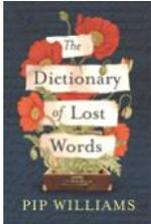
Ph 5956 8107



Book Reviews

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

To all our customers and friends, during these unusual times we will still be here and can take phone or email orders or through social media and home deliver what you need. Also check out our new website through the link below. Telephone: 5952 1444 Email: info@turnthepagebookshop.com.au
Facebook: Turn the Page Bookshop Website: <https://www.turnthepagebookshop.com.au/>



Dictionary of Lost Words

By Pip Williams

RRP \$32.99

1901: This is the story of Esme, born into a world of words, motherless and irrepressibly curious, she spends her childhood in the 'Scriptorium', a garden shed in Oxford where her father and a team of dedicated lexicographers are collecting words for the very first Oxford English Dictionary. Esme's place is beneath the sorting table, unseen and unheard and one day a slip of paper containing the word 'bondmaid' flutters to the floor. Esme rescues the slip and then begins to collect other words from the Scriptorium that are misplaced, discarded or have been neglected by the dictionary men. Over time, Esme realises that some words are considered more important than others, and that words and meanings relating to women's experiences often go unrecorded. While she dedicates her life to the Oxford English Dictionary, secretly, she begins to collect words for another dictionary: THE DICTIONARY OF LOST WORDS. An absolutely extraordinary debut novel by Australian author Pip Williams.



The Ballad of Songbirds and Snakes

By Suzanne Collins

RRP \$29.99

It is the morning of the reaping that will kick off the annual Hunger Games. In the Capitol, 18 yo Coriolanus Snow is preparing for his one shot at glory as a mentor in the Games. The once-mighty house of Snow has fallen on hard times, its fate hanging on the slender chance that Coriolanus will be able to outcharm, outwit and outmanoeuvre his fellow students to mentor the winning tribute.

The odds are against him. He's been given the humiliating assignment of mentoring the female tribute from District 12, the lowest of the low. Their fates are not completely intertwined – every choice Coriolanus makes could lead to triumph or ruin. Inside the arena, it will be a fight to the death. Outside, Coriolanus starts to feel for his doomed tribute and must weigh his need to follow the rules against his desire to survive no matter what it takes.



**Your local Jaycar
Authorised Reseller**

Shop 2, 154-156 Thompson Av,
Cowes Ph 5952 1044

ALSO STOCKING ALL YOUR SECURITY CAMERA NEEDS





**Coves Indian
Restaurant**

3/134-138 Thompson Ave, Cowes

Ph: (03) 5952 3896

www.covesindian.com.au
info@covesindian.com.au

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

BASS COAST RATEPAYERS & RESIDENTS ASSOC INC (BCRRA)

We are a Shire-wide Community Association formed to raise the standard of accountability, transparency, community engagement, and fiscal discipline at Bass Coast Shire Council.

During May and into the start of June, Bass Coast Ratepayers and Residents Association is conducting a brief online survey and is seeking responses from across the Bass Coast Shire. "With the annual budget coming up, we'd like to gauge community feelings about rates and other matters." said Association President Kevin Griffin, "And following the Shire's first ever live-streamed Council Meeting we're seeking community feedback around Council's communication and engagement performance. With this survey we hope to better understand how the community is feeling about their Council today."

Links to the survey can be found on our website and Facebook page. The results of the survey will be published next month.

Facebook: <https://www.facebook.com/BASSCRRA/>

Website: www.basscrra.org

These are just some of the ways the Association works to represent its members and the wider Bass Coast community.

BCRRA is for all of Bass Coast Shire. New members are welcome. Membership fee is only \$5 per year.

We would love to hear from you so please contact us via email, phone or Facebook. And please take care.



Affordable spas for all entertainment needs

- Bucks parties • Hens parties • Birthdays
- Long term rehab • Relaxing at home and much more



We have a spa to suit your needs with different sizes and styles to choose from. We deliver, set up, collect and clean the spa. All spas are thoroughly disinfected before and after use. Free delivery anywhere on Island. Victorial wide delivery for a small fee.

Mention this advertisement for
 10% discount off your next booking

ADVERTISEMENT

SPEND IT LOCAL

**Whether it is online or in store, if you
can support a local business,
it will make a difference.**

**Remember to support your local small
and family businesses and buy local.**

RUSSELL BROADBENT MP

FEDERAL MEMBER FOR MONASH



46C Albert Street, Warragul VIC 3820

T. 03 5623 2064

E. russell.broadbent.mp@aph.gov.au

W. www.russellbroadbent.com.au

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



Bass Coast Blinds & Shutters

Indoor and Outdoor Window Furnishings



- Roller Blinds • Plantation Shutters
- Venetian Blinds • Roman Blinds
- Vertical Blinds • Honeycomb Blinds
- Outdoor Awnings • Motorisation

10%

discount for any
quotation accepted and
ordered before 30/6/2020

PHONE 0447 023 337

Email: basscoastblinds@gmail.com

Call today for your free measure and quotation

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 in both visual appeal and providing a cooler feel in the 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 it's 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! However, if an evergreen variety is non-negotiable, Trachelospermum jasminoides (Star Jasmine) is a hardy variety that winds it's 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 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 tips:

- If you're looking to install some new plants, plant them now before the soil temperatures get really cold. By mid to late Winter all of the Summer soil warmth will be gone and the young roots of new plants can experience root shock if planted straight into frigid soils.
- Plant your new plants in new fresh soil full of nutrients and warmth, and remember to dig your hole twice the size of the root ball. Then add a layer of mulch to help keep the roots warm and the weeds at bay. Remove any clay that's present in your planting zone.
- Planting early in the season allows roots to establish over Winter for an even more prolific flush of growth when Spring arrives.
- If you're looking to get your Winter veggie garden going, start with broad beans, carrot, beetroot, spinach and kale. These are all good performers for an enviable Winter veggie garden.

WILLS & POWERS OF ATTORNEY

Please contact me if you are interested in being assisted to draw these documents.

I am experienced in providing this help and am a local resident.

My charges are reasonable and there is no charge for your partner or spouse.

Leon Herbert (retired lawyer)
0402 264 744 herbertatlaw@gmail.com
449 Settlement Road, Cowes. 3922.

ANIMAL TALES PET SUPPLIES

All our dry food, fresh meat, natural treats and supplements are Australian made

Home Delivery Available
144 Thompson Av,
Cowes 5952 5519





Thank You Victoria.

While some restrictions have eased, limiting our movement everyday means everything. It means we slow the spread of the virus. If we keep working from home and we limit the number of us moving around, we can keep kicking a footy in the park. If we use common sense and keep our distance, we can visit cafes and restaurants. And if we only see those we need to, we'll keep our friends and families safe.

We all have a part to play.

It's up to all of us to make this work.



For details go to vic.gov.au/CORONAVIRUS

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne





Home Heating Feature

Before buying a heater

Make your home as thermally efficient as you can, to keep the heat inside during winter. Eliminate draughts. Make sure windows and doors are well sealed. Use draught excluders and door snakes if needed and close off any rooms you don't need to heat. But remember that if you're using a portable gas heater, you need some ventilation. Insulate the ceiling. Ideally, walls and floors should also be insulated. Rugs can provide some useful insulation on a hard floor. Curtains and blinds will help keep the warmth from escaping through glass windows and doors.

Plan ahead

Before the winter chill hits, think about what sort of heating you're going to need. If you know you're going to need a new electric or gas heater, try to beat the rush and buy one ahead of winter. Clean your reverse-cycle air conditioner's filters to keep it running effectively, and consider whether it needs a service. If you're looking at having a new air conditioner or flued gas heater installed, get this done well ahead of the peak cold season; as installers will get busy.

The right sized heater

Ensure you get the right size of heater for the space you're looking to heat. Room heating calculators can be found online; try searching for room heater size. There are several factors to consider when choosing your heater's capacity: the climate you live in, the floor area and ceiling height of the room, how much natural sunlight it receives, whether the room is carpeted, whether adjacent rooms or floors above and below are heated, and of course the amount of other insulation. As a general guide: a well-insulated room of 20 square metres will probably need a 2000W electric heater or a gas heater with 6-8MJ input.

How to keep it cheap

Only use the heater when you really need to. That sounds obvious, but it's easy to get into the habit of routinely switching the heater on, when maybe just putting on a jumper is a better option. Don't heat rooms to tropical temperatures; for example, try 20 degrees instead of 23 degrees. Each degree less will save about 10% on your energy use.

Only heat the rooms you're actually using.

Hot air rises to the ceiling, so if you have a ceiling fan with a reverse-direction option, consider using it at a low speed to help circulate the hot air more evenly through the room without creating a downward breeze.

Wood-burning stoves and fireplaces

Wood fires can give a cosy look and feel to a room on a cold night. Modern slow-combustion wood-burning stoves can be quite efficient too. Firewood should be well seasoned (left to dry for at least two summers) so you don't waste energy evaporating water by burning green wood. Hardwood contains more energy than softwood, and burns longer and more steadily. But it's also harder to light.

Ducted reverse-cycle air conditioning

Ducted air conditioners consist of a compressor (which can be installed outside or in the ceiling space, for example) and ducted outlets in the rooms you want to heat or cool. A good system can be very efficient. Consider it if you're building or renovating a house.

Island Flue Cleaning

Keeping houses safe and warm since 1987

Richie and Daniel Laing
Owner/operator

0415 106443
5956 6888

PO Box 480, Cowes. 3922



NEW COWLS - SUPPLY AND FIT
WOOD HEATERS, CHIMNEYS & POT BELLYS



FIREWOOD

\$80 for hard and softwood mix

Contains Pine, Cypress, Banksia, Swamp Gum, Mahogany Gum, among others,

\$150 for hard wood only mix

Contains Iron Bark, Blue Gum, Sugar Gum, Coastal Tea Tree, among others

Eucy Mulch - Aged - \$50 per cubic metre

Ready for new plants

Plus delivery depending on location. Pick up any appt only or between 7.30-9am or 3-4.30pm or Saturdays 9am-1.30pm

Phone Adam Bailey 0427 052173

JACKSON ELECTRICAL & AIR CONDITIONING

- Reliable & fully insured
- Split system installers
- All types of electrical services
- Air conditioning sales and service
- TV Antenna & data
- Free quotes
- Hot water systems
- Ovens and cooktops

CALL MICHAEL 0427 633667

CAPE WOOLAMAI REC 17893 LIC. 48834



SHORELEC SHORELEC SHORELEC

SHORELEC 16TH BIRTHDAY SALE

5% OFF ALL CEILING FANS
15% OFF ALL TOYS
25% OFF ALL LIGHTING

10% OFF ALL GUITAR STRINGS
20% OFF ALL SMALL APPLIANCES
30% OFF ALL AUTOMOTIVE

ALL SALE ITEMS ARE TO THE DISCRETION OF THE STAFF
SALE ENDS 30TH JUNE. EXCLUDES CUSTOMER ORDERS

SHORELEC.COM.AU

SHOP 10/95A MARINE PARADE

03 5678 5361

BUYING NEW?



ONE FUJITSU UNIT FOR YEAR ROUND COMFORT



OR UPGRADING?



RECEIVE A DIGITAL PREPAID MASTERCARD

UP TO \$200
on cooling only split systems

UP TO \$250
on reverse cycle split systems

UP TO \$400
on ducted or multi systems

Community Service Announcement

How to deal with the stress as a result of the Covid 19 lockdown



There is no doubt that we are currently living in unprecedented times. It is 102 years since the world has seen a pandemic of such global scale, and that was the Spanish Flu in 1918.

So it is safe to say that almost everyone living through this has never experienced such social upheaval. Granted, that WWII did bring its own complications that affected the world, but not quite like what we are living through now.

It has been approximately 8 weeks since we started social distancing practices and 4 weeks since we went into total lockdown. The stress this places on our economy is a given. A modern economy relies on movement of everyday activities to function effectively and the lack of that activity simply causes a ripple effect throughout the members of the society which brings in stresses and problems of its own.

There are many people who are now without an income, and whilst the government has attempted to put measures in place to ease those burdens there is only so much they can do, this leaves you having to pick up the pieces, adding to your stress levels.

Add this financial pressure to an environment where tensions were already close to breaking point, one which there is no escape from, at least for the immediate future and you have a possible catalyst for an increase in domestic friction within the household.

It is when situations reach this breaking point you need dependable outside help. James McConvill & Associates is a law firm that can offer that dependable help in times like these. It is the one law firm that has actually been helping their clients remotely since 2006.

Due to a need to service their clients, who are located throughout all of Victoria, including many

remote regions required the creation of a flexible approach to providing legal advice, remotely.

This has enabled James McConvill & Associates to become the leaders in providing remote servicing of legal advice putting them at the forefront of remote legal servicing. Through the use of technology, over the past 14 years they have developed reliable and proven systems of remote servicing within the legal field.

The use of these systems have enabled James McConvill & Associates to provide their clients legal services covering the many areas such as: Criminal Law, General Family Law, Parenting Rights, Separation, Property Rights, and Business Law. All remotely.

Having over that time, developed these systems for remote servicing has put James McConvill & Associates in the enviable position of having an extremely high success rate across their client's cases.

This has also resulted in them being able to provide cost effective legal service, when many of their competitors are now just learning and quickly trying to adapt to this new way of servicing that James McConvill & Associates adopted 14 years ago.

It is in times like these you want a law firm whose way of servicing remotely is not something new that they have to learn. You want a law firm who has the experience and proof of successful systems for servicing their clients remotely.

At the moment there is still only a dim indication of when the Covid 19 lockdown rules will be eased, but until then it is essential for the containment of this pandemic that you maintain your social distancing.

However throughout this time, you take comfort in knowing that there is someone who you can turn to if you need legal advice and that it is James McConvill & Associates. You can contact them on 0400 138 768

**For Fast, Cost Effective
Legal Advice in Phillip Island
Call: 0400 138 768**



**JAMES MCCONVILL & ASSOCIATES
LAWYERS**

A BETTER WAY

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



Healthy and Healing with Pip

Three tips for shifting from loss to appreciation

I was listening to Sandra Anne Taylor talking on a podcast about how this time in history is an opportunity, not a punishment. I felt the need to share because a lot of my connections and clients have been sharing this concern. She said that we need to remember that there are cycles in nature, systems and in our personal lives too.

The five steps in the cycles are: new beginnings, status quo, decrease, transformation and increase. We humans can get a little bit too caught up in drama and think that this will be forever. It won't. We are currently in a very clear decrease step. Some people are calling it a world reset.

In the decrease step of the cycle, we are asked (or encouraged or in this case, forced) to go inward. It's a time for assessment and review; for letting go and forgiveness; for asking key questions: "what are the lessons for me?"

Many businesses are having to review, adapt and change their systems. It's the same with our personal lives and relationships. I felt this deep need to review, let go and forgive when I was writing my book (Finding my Soul at Sea).

There are a lot of people asking 'Why then?' ...

You may not be sick and you may be safe, but may have lost your income and are struggling.

To beat yourself up over this set of circumstances will not help. Please remind yourself that this is not a punishment. You have not done anything wrong.

The world / Universe / God is not trying to hurt you.

Sandra talks about the power of appreciation and how it has two meanings.

Appreciation is about gratitude and looking for the things that are working in your life; and appreciation is also about increasing value. So, we are encouraged to find the moments of appreciation, even if only small.

This will help to powerfully shift your energy out of the feelings of loss and sadness.

The old saying 'you never miss something until it's gone' rings very true now.

We have an opportunity to look at what we've got and feel the better.

This process helps us to accelerate an attraction intention energy. Here are three tips to accelerate your desires:

1. Vision Board Re-vamp

Add to your Vision Board (or you could start one) the things that you already have, that you are grateful for (in the middle) and putting the things that you desire (on the outside). This way you can bring the new desires into your life faster, because you can clearly see them next to the things you currently have. I love this!!

Definitely need to refresh mine. I've used Vision boards for years,

in my own life and in my psychic development class series.

2. Journal of Intentions

Write lists of things you desire ... eg. Ideal job, partner, holiday, health etc...

Under the things, note the qualities of each eg. Ideal job - caring boss, variety of projects, fun workmates, great income, travel etc. Then once or twice a week, before you go to bed - read ONE intention. And mentally, hand it over and surrender it to your higher self, the angels or the Universe.

Say: I hand this ideal job over to the Universe and promise to follow any guidance I receive.

It's important to do the surrender part - because if we obsess and worry over our desires not coming to us - it gets toxic and we can energetically push it away. Ever had that happen - maybe with a relationship or money or family issues? Yep ... me too.

3. Appreciation Breaks

Each day take a few minutes (at the same time, ideally) to do an "appreciation break".

Stop and take a breath. Close your eyes and hold the intention in your heart of worldwide balance and health and happiness. And she says this affirmation:

I feel the divine consciousness in myself of this time and place in the world, expanding healing, protection and wisdom to everyone who needs it.

Remember you are a part of this world, so your energetic intentions connect with other people who have the same intentions and that means it grows.

Sandra says the field that you feed the most will expand. That's how quantum physics and the laws of the Universe work in our lives.

It's so important to take responsibility for our own emotional content.

Fact is, we are more happy in our lives when we focus on appreciation.

Ask yourself: What can I appreciate at this time?

Blessings, Pip xxx

Contact me at pipcoleman@yahoo.com.au or www.pipcoleman.com



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



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

With fishing being banned for most of April, there wasn't a lot happening and it's only been in the last couple of weeks that we have had any reports. There are a million different opinions about the fishing ban, and whichever view you have it doesn't really matter now, it's happened and now we are back fishing. Let's just hope people do the right thing and we don't have a repeat of the closure. When you come into the shop you will see a few changes, and some you won't, but things will be a little different for a little while yet. Apart from the regular cleaning of often touched surfaces the biggest change is we are restricted to 4 customers at a time. What's important to remember is all of these measures are requirements of the state and national governing bodies and measures we are legally required to adhere to and, for the sake of our bank balance ask our customers at this time to be patient. Six weeks with no income and reduced income for the rest of the time is enough without a very large fine on top.

When will it be over? When will it be back to normal? We have been asked a bit, no one knows and I think we will be looking at a whole new normal in the future. We have had a huge amount of support while we were shut and now we are open again, we must thank all our customers for their commentary and well wishes. Sadly, I think the worst is yet to come and I am not just

speaking about our business but all small businesses around the island and many other coastal towns. While businesses accept what it is and know there's not much we could have done over the past 2 months as many decisions were out of our hands. It has also been great to see all the different ways businesses have adapted to the closures and tried different things, many of which I am sure will stay into the future. Speaking with businesses around the island, most are telling me the support from locals has been great and hopefully this will continue for the months to come. That way most will survive until we get to a time when it is safer for visitors in numbers to come back.

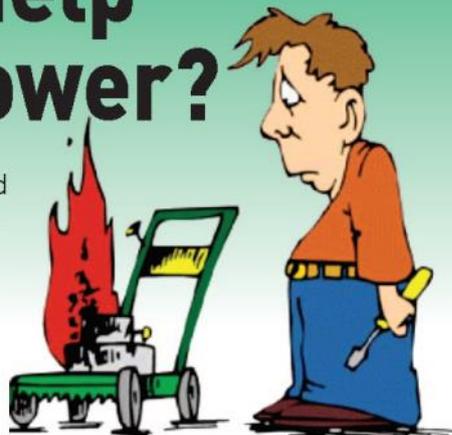
For those who follow us on Facebook you will know about the auctions we were conducting during the week. Because of their success and requests from our Facebook followers we have decided to make these a regular part of our weekly trading and every Monday, Tuesday and Wednesday evenings between 6.30pm and 9pm we will have an auction. We are also running Facebook specials and featured stock items on Thursdays, Fridays and Saturdays.

Despite no fishing for a month or so, those who have headed out over the last couple of weeks have been able to find a fish or two. It hasn't been easy without any history of previous days fishing and a little like going to a new area and doing a lot of prospecting to find the best spots. The weather has been kind and the winds have been light which has given plenty of time on the water. The best of the fishing has been for whiting and we have seen plenty of bags of quality ones. There hasn't been a lot of fish over 40cm but plenty in the high 30's and not a lot of under sized ones. While we saw plenty of fish we had reports from twice as many people that didn't see a fish. There didn't seem to be any tricks to those who were , successful just that they were in the right place at the right time.

Calamari have been patchy and a bit light on for numbers but those caught have been quality in size.

Need some help with your mower?

Island Equipment Hire also has a qualified mechanic onsite who not only repairs and services the big stuff but also all small light engine machinery - such as lawn mowers, brush cutters and chainsaws. NO JOB TOO SMALL.



Pinkies were everywhere for the first few days, but they have also slowed down a little and when they do turn up in large numbers are very small. We did however get a few reports from customers of snapper 5kg or better. This is not too strange but the snapper we normally see this time of the year are generally very dark in colour and probably been in the bay since last season, some of the ones we saw were very bright and shiny like they had just swum into the bay.

June and winter doesn't mean the end of fishing just means another layer of clothing and probably less time on the water. All winter you will find whiting, calamari, gummies and even snapper, you just need to look a bit harder.

ISLAND EQUIPMENT HIRE

20 The Concourse • Cowes • 0417 820 565
www.islandequipmenthire.com.au



DOLLARS AND SENSE BY DAVID WELLS

Advice – an Investment, Not a Cost

The Australian Securities and Investment Commission (ASIC) recently published a report which analysed the activity of individual (retail) investors in the Australian Stock Exchange in the early part of the Corona virus pandemic and during the sell down in shares. It made for very interesting reading!

Firstly, the report acknowledges that even experts are having difficulty in predicting market movements in these days of extreme volatility. I would agree with that. What will happen tomorrow, or the next day, is impossible to judge with any degree of reliability at the moment, the only thing I can say with any certainty is that based on other unpredictable times such as the depression, Spanish Flu, October 87 and GFC the long term prospect for shares is great, but for now “day” trading is extremely risky!

So what happened in this difficult time of COVID-19 lockdown? Simply put, the numbers of individuals newly starting in the share market and trying to beat the odds rose by 140,000. The total turnover in the same time more than doubled. Most of this increase came through on-line and “no advice” brokers and the average time between trades declined from 4.5 days to less than one day. For trading in any stock for trades by the same investor the time held reduced from 2.5 days to LESS than one day. It was people who really thought there was an opportunity there (true) and they could make lots of money quickly (wrong).

In short, retail (individual) investors acting without qualified advice get it wrong most of the time. In the 38 days of the review, day traders were right on six days and *wrong on the other 32* and on the days, they got right, it was only a little bit right. The days they got wrong were disastrous. In other words, they were “punting”, *not investing* and then complaining that the share market is dangerous. The share market is not dangerous - doing it without advice and doing it with a short term bias is dangerous.

Retail (individual) investors who engaged in this day trading burnt millions of dollars in value whereas those who took a steadier view have fared much, much better. If you recall the advice offered in last month’s column, you will get some idea of the value of that advice, and the advice offered there, was generally consistent with what most professionals would offer. Preventing any of the losses would have covered the cost of advice many times over. After the Dotcom boom, we had the “tech wreck” in 2001 and then we had the GFC. After each of these, statistics from the US showed that the largest rise in suicides was attributed to day-traders. It is not new but it is consistent that without being constantly involved and without paying constant attention, trying to make a quick dollar in the share market will hurt you. Most Australians do not use the

services of a financial adviser which is a real indictment of the industry and the community. For whatever reason there are many people who would significantly benefit if they looked beyond the cost and looked at the value of such a service.

Beyond that, people quote for some of the reasons they don’t use a financial adviser as “They’re too expensive”, “I don’t need one”, “I can do it myself” and the one that would amuse me the most if it wasn’t so far from the truth: “I don’t have enough money, so I don’t need a financial adviser”.

Only 15% of Australians use an adviser, and most of those are between ages 55 and 64. Of people who earn more than \$150,000, 25% use an adviser and of the others, it’s less than 10%. The numbers are such as most Australians earn less than \$150,000.

As to the quote about not having any money, my answer is “you don’t have enough money – then you desperately need an adviser”. An adviser’s task is to help you make and then retain your wealth – most people don’t seem to see the real value of advice until it’s too late. My personal satisfaction comes from enabling and teaching people who consider themselves lacking in financial acumen, to make educated and informed decisions about their investments and watch it grow over time aided by the right advice. Don’t listen to get rich quick schemes, take advice and watch your personal investments prosper. Advice is not a cost – it’s an investment to help things go better for longer.

If you would like a copy of the ASIC report – Retail Investor Trading During COVID-19 Volatility - I am happy to email it to you or go to the ASIC website.

Your Gippsland share broker and adviser



David Wells MSAA
Senior Investment Adviser

Shaw and Partners
Level 20, 90 Collins Street
Melbourne VIC 3000

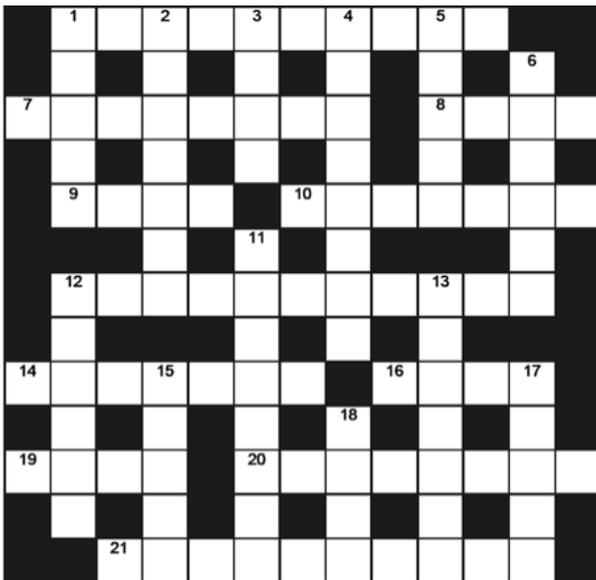
A Gippslander by birth, David Wells is a Master Stockbroker and Financial Planner working in Collins Street. David offers a full range of expert financial advice, including SMSF and retirement incomes.

To arrange an obligation free, initial consultation in Melbourne, Warragul or at your home, please contact **David Wells** on 03 9268 1157 or email dwells@shawandpartners.com.au

Shaw and Partners
an EFG company

Brain Food

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



Vibe Quick Crossword 125

Across

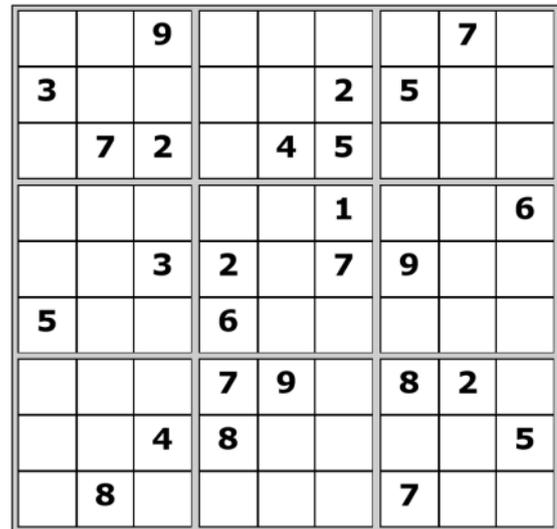
- 1 A dance (10)
7 Bones (8)
8 Black (Fr.) (4)
9 Catches (4)
10 Forever (7)
12 Confidently (11)
14 Bragged (7)
16 Dry (4)
19 Latch (4)
20 Smallest (8)
21 Symbols representing a company (10)

Down

- 1 Used for exchange of goods (5)
2 Identifies with (7)
3 Short message (4)
4 Genius with crazy hair (8)
5 Recluse (5)
6 Theft (6)
11 Apprehended (8)
12 About (6)
13 Sooner (7)
15 Solemn (5)
17 Writing tables (5)
18 Ray (4)

TRIVIA QUIZ

1. Which Williams sister has won more Grand Slams? 2. What year was the first model of the iPhone released? 3. What part of the atom has no electric charge? 4. What animal can be seen on the Porsche logo? 5. What is the common name for dried plums? 6. What bone are babies born without? 7. Which city in India would you find the Taj Mahal in? 8. What is the name of the song that Queen Elsa sings as she builds her ice castle in the movie Frozen? 9. What is a group of frogs called? 10. Which country invented tea? 11. How many films did Sean Connery play James Bond in? 12. How many hearts does an Octopus have?



Vibe Sudoku 125

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

All the latest news from the Phillip Island Senior Citizens Club

We are half way through the year and life is starting to get a little easier and while the Senior Citizens Club reopening is still a couple or more months away, we want to let our current members know that we miss you and can't wait to catch up with you over lunch again soon. We will also welcome anyone new who would like to join us when we are able to restart our lunches. We love making new friends.

So what have we been up to? Well, I have been busy remodelling my backyard with help and thanks to Grace Landscapes. I've also been doing video calls with friends and doing a big clean out. Lifetime member Marlene Droscher has been busy with her diamond art and knitting. Our vice president Teena Burns has been busy completing puzzles and buying new furniture online. Our other vice president Ian Burns has been busy doing lawns and gardening and putting together the furniture his wife Teena has bought. Our president Allan Droscher has been learning all about Facebook and our treasurer Arthur Robertson has been getting a great workout building raised garden beds while his wife Bev has been cooking up a storm and knitting. So, what have you been up to? Why not let us know by leaving us a message on 59522973. Don't forget to leave your name and phone number if you want us to call you back if you want to have a little chat. We'd love to hear what you've been up to!

With winter approaching remember to rug up and stay warm and why not order takeaway or home delivery from our local eateries. It's a great way to help keep them in business by showing our support. Even the RSL is doing takeaways and home delivery!

Stay safe everyone and we look forward to catching up again soon.

Liza Lee, Secretary.



COMPOSITION IN PHOTOGRAPHY – HORIZON PLACEMENT

When composing your photo, it is important to consider where your horizon is going to be. Firstly realise that you don't place the horizon in the middle of the image, as it can give an impression of two different photos stuck together. The contrast of the two different halves makes it look like two different photos.

It is your decision where to place the horizon, but if a feature of the image does nothing to improve the image, it has no right to be in the photo. If you find the top half of the image is a lot more interesting, you might want to place your horizon down lower in the frame. If the sky is uninteresting you might want to put your horizon higher in the frame. Where-ever you put your horizon line, make sure it is dead level and not slanting one way or the other.

Rules are made to be broken, but get into good habits first, before you start testing your creativity.

Two examples from members of the Phillip Island Camera Club - one with a low horizon line and one with a high horizon line are shown here. "Golden Heads" has a low horizon line, which anchors the image. The contrasting colours of the "Golden Heads" against the blue sky add appeal and the "Golden Heads" being in the top third draw the viewer's eye from the bottom of the image up and around the top third. "Mildura Morning" has the horizon line on the top third. The mooring posts lead you up to explore what is on that horizon line.



"Golden Heads"
By Jenny Sierakowski

Has a **LOW HORIZON LINE**

"Mildura Morning"
By Gary Parnell

Has a **HIGH HORIZON LINE**



If you found this article of interest and would like to learn more please go to:
<http://www.phillipislandcameraclub.com.au/contact/>
Or for more information on Phillip Island Camera Club phone Susan on 0408 136 717

A1 Handyman

"If it's broke - I'm the bloke"

"Need something new? - I can build that too"

Leaky taps, fence repaired, gates swung, new screening on your deck, rubbish removal or anything else



Call Bart on 0408 950570

Check out my work on Facebook
A1 Mowing and Handyman



Cotton Onto Craft

Friendly customer service

Haberdashery, quilting fabric, craft, knitting, jewellery making and much more

COME SEE US - WE ARE OPEN

Shop 8 (Woolworths Complex), 133 Thompson Avenue, Cowes Phone 5952 5202
www.cottonontocraft.com.au



PRO SURF COACHING



LEARN TO SURF

or take your surfing to the **NEXT LEVEL!**

BEGINNER • INTERMEDIATE • ADVANCED

FOLLOW US    [eprosurfcoaching_](https://www.instagram.com/eprosurfcoaching_)

YOUR WILL - NOW IS THE TIME TO SORT OUT YOUR WILL- YOU HAVE THE TIME!

Since your last Will (if any), have you:

- Significantly increased or decreased the size of your wealth?
- Gotten married, divorced or started a de-facto relationship?
- Had one or more children?
- Made any gifts or loans to family members, friends or third parties?
- Moved interstate, or overseas?
- Become bankrupt or face insolvency
- Started a business, created any companies or partnerships?
- Acquired assets jointly with a spouse or a third party?
- Become worried that someone could challenge your Will?
- Needed to reconsider appointments of executors or guardians?

Have any of your beneficiaries:

- Changed their names?
- Moved overseas or back to Australia from overseas?
- Reached financial maturity?
- Had children of their own?
- Lost the ability to manage their own affairs, or develop any special needs or disabilities?
- Passed away?

YOU MAY ALSO BENEFIT FROM ONE OR MORE TESTAMENTARY TRUSTS FOR INCLUSION IN YOUR WILL, IF:

- You have assets of significant value (including super and life insurances) to leave someone.
- You want to leave an inheritance to minors (significant tax savings with tax free income each year on their inheritance may result)
- You are seeking optimum tax savings as a result of being advised to make your estate the binding beneficiary of your super, and having dependents as defined under tax legislation.
- Protection for relationship risks if a beneficiary faces Family Court action or insolvency.
- An intended beneficiary is living or planning to live overseas.
- Assets are being left to someone who cannot be trusted to manage their inheritance or who may lose it inappropriately.

If any of these circumstances apply or you have lost or don't have a Will, you may need to draw a current Will. Whatever the size of your estate, you need to have Will. Don't leave it to the State to distribute your assets possibly to unintended beneficiaries and relatives.

This article for general information is contributed by LEON HERBERT (retired lawyer) of -

**Legal Documents- PH 04022 64744 -- 449 Settlement , Cowes.
herbertatlaw@gmail.com**

PUZZLE SOLUTIONS



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

Quiz Solution 125

1. Serena 2. 2007 3. Neutron 4. Horse 5. Prunes 6. Knee cap
7. Agra 8. Let it Go 9. Army 10. China 11. Seven 12. Three

The Case of the missing necklace solution

The culprit was Nancy. Well, you might ask yourself. What evidence in the story points to her as the culprit? The clue lies in the fact Nancy hadn't yet set up the massage table.

Shelia always arrived home at 4:55 and Nancy was always ready with the table set up and the oils ready. But on this day, Nancy didn't prepare for the massage until after Shelia walked through the door. Why? Because Nancy knew as a reasonable certainty her employer would be late after the heist and having have to deal with the police and management. Nancy telephoned her athletic accomplice to do the deed – he would then lay in wait outside the Jeweller and follow Sheila to her favourite culinary experience at 'Peter's Pizzeria,' ready to roller skate for a quick getaway with the necklace!!



How to back your local businesses

during the COVID-19 restrictions

Bass Coast locals are strong supporters of local businesses and traders. Here are some ideas of how you can help and continue to give them your backing.



Use social media to follow, like and tag businesses



Order online or over the phone



Write a positive review online. Share your recommendation with your family and friends



Sign up to businesses' e-newsletters for updates and offers



Be considerate of businesses and traders who have to temporarily close



Support businesses by purchasing a gift voucher that you can use later



facebook.com/businessinbasscoast
business.support@basscoast.vic.gov.au

Audi Vorsprung durch Technik



Set your sights even further ahead.

We're with you for the long term. Purchase your new Audi prior to June 30 and we'll include:

- ✓ Complimentary registration, stamp duty and CTP*
- ✓ Complimentary 5 years/75,000km scheduled servicing*
- ✓ 5 year manufacturer's warranty*

Book your test drive today at Audi Barry Bourke.

755 Princes Highway, Berwick | Tel. 9707 2222 | audibarrybourke.com.au

*Complimentary scheduled servicing for 5 years from the date of first registration or 75,000kms (whichever occurs first) as per the manufacturer's recommended scheduled servicing specifications. Excludes wear and tear items and any additional work or components required. #5 year manufacturer's warranty commences on the date of first registration. Terms, conditions and exclusions apply. **Available on Audi new stock vehicles (excluding MY20 Q7, MY20 SQ7, A1, Q3, Q3 Sportback, TT, e-tron, R and RS models) purchased and delivered between 1/5/2020 and 30/6/2020. While stock lasts. Not available to fleet, government or rental buyers, or with other offers. Audi Australia may withdraw, change or extend all offers. Overseas model with optional equipment shown. LMCT7522

Barry Bourke Renault

Your Local Renault Dealer



RENAULT
Passion for life



Demonstrator Event On Now - Save Up To \$12,376^{^1}

- ✓ New Cars
- ✓ Used Cars
- ✓ Finance Available*
- ✓ Accessories
- ✓ Service
- ✓ Parts

Barry Bourke Renault

755 Princes Hwy, Berwick. | ph. (03) 9707 2222 | barrybourkerenault.com.au

Disclaimer: *Finance available to approved purchasers. ^{^1}Savings based on new car RRP on 2019 Renault Koleos Intens BEK726. LMCT7522