

# PHILLIP ISLAND VIBE

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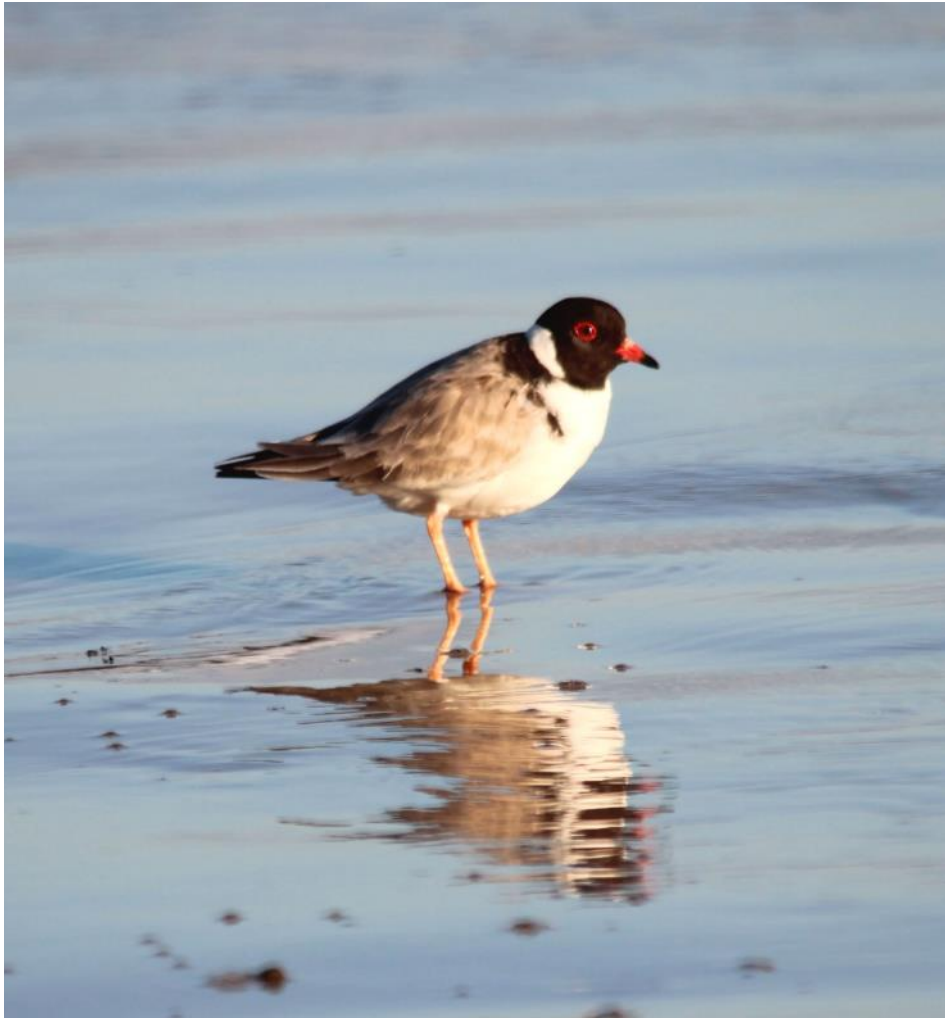
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ISSUE 127 AUGUST 2020



Phillip Island Nature Parks have recently released their report summarising the Hooded Plovers 2019-20 breeding season. The results are outlined in the article on page 14. If you have a front page worthy photograph like this one, just email it to us and you might just see it pop up on an upcoming issue. Take care to all.

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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.

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## COMPOSITION IN PHOTOGRAPHY – SILHOUETTES

Silhouettes in photography are defined as an outline that appears dark against a light background. It is an artistic outcome that photographers like to perfect as it adds mystery to the image and allows the viewer to put their own interpretation on the image.

It can be achieved with any kind of light source but those most commonly used are sunrise and sunset. The backlighting from the sun shadows everything towards you and results in this effect.

Some Silhouette techniques to keep in mind – Never point your lens directly at the sun. The main aim is to have your background lighter than your subject. Try aiming at your object with the sun directly behind it, usually when the sun is right above the horizon as it causes the sky to be its brightest.

For a glow around your silhouette, use a narrow aperture – a high F/ stop so that the whole scene is in focus. This setting allows you to use the camera's automatic exposure settings. Focus on the lighter background. By focusing on the subject (meant to be dark) the camera will try to compensate for the lack of light on the subject and overexpose the background. **BE SURE TO FOCUS ON THE BACKGROUND.**



*Pampus Grass by Joanne Linton*



*Summer Frolic by Gillian Armstrong*

Look for interesting and unique subjects, try to capture movement, try taking photos from a lower perspective, try using doors and frames to frame your silhouette and in post-production emphasize the silhouette. There is no exact science to taking a great silhouette. It takes practise, experimentation and maybe even a little luck to capture a truly spectacular silhouette. Have fun trying!

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 Ref: <https://www.picturecorrect.com/tips/silhouette-photography/#:~:text=In%20photography%2C%20a%20silhouette%20is,many%20photographers%20like%20to%20perfect.10%20Tips%20for%20Taking%20Stunning%20Silhouettes%20with%20your%20Smartphone%20by%20Maddie%20and%20Emil%20Pakarklis%20a%20passionate%20iPhoneographer%20and%20Founder%20of%20the%20iPhone%20Photography%20School.>

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## Surf News by Ed Amorim (@prosurfcoaching)

**Pro Surf Coaching Beach House** The Pro Surf Coaching Beach House came along quickly and is nearly ready to be enjoyed with a fully set up area for training, accommodation, meals, entertainment and lots more to be created. The house has a big out door area, car park, 4 bedrooms, 3 bathrooms/toilets, big kitchen, lounge and office area - all just a few steps away from our world famous Smiths Beach. This will be the new home for Pro Surf Coaching, a cool surf camp base to receive our students and visitors. The place combines comfort, surf atmosphere and lots of good ideas. Call in and visit us and get the vibe.

**Smoothstar Training** Doesn't matter if the waves or conditions are bad, you still can have lots of fun and great opportunities to develop your surf skills with a full 2 hrs @smoothstar (surf simulator) sessions. Contact us to help you to pick up the right equipment and supply the best training so you can make the most of this new surf tool. Contact [prosurfcoaching@gmail.com](mailto:prosurfcoaching@gmail.com) for more information.

**Bad times, good attitudes** Today we send a big hug and our best vibes to our friends from metro Melbourne and around the world that are experiencing this crazy lockdown time. We are all in this together. Just remember it's normal to feel sad during the pandemic and remember it will all pass soon. All these feelings - fear, pressure and drama will end soon and we will be able to get back into life to be side by side with the ones we love and do everything we enjoy again. It's time to discover your feelings, essentials needs and educate yourself to fix bad habits that will make your life better in the future. It is time to survive all the crap around. Please keep safe and be positive. See you all soon when we can enjoy the beach together again and get many good waves.



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**R.I.P Derek Ho** Forever our champion. Thank you for being my idol and challenging the insane Pipeline like you did. Showing the others the track and how to do inside the barrels. Our best sentiments to the all the Ho family, friends and all the world surf community.

**Surf analysis** The best way to see what you are really producing in the water. "Images don't lie". Filming all the surf action and watching it together afterwards. Coach and surfer working to identify all the good and bad points and then provide feedback to improve your performance, the way all the modern surf academies are doing.

**Indonesia Surf Camp** Pro Surf Coaching head coach Guto Amorim is working hard to set up our Surf Camp in Bali to be ready to do a fully hosted camp for you when you're next in Indonesia. Services including transfers, accommodation, support and surf are included as well as guiding you to the never seen before, best spots in Bali.

**Behind the coaches mind** For a surf coach, the more important thing is to pass the information on to the students. Providing training and evaluating the results. @prosurfcoaching\_ coaches are trained to support and optimise surfers to be better surfers.

**Let's talk about Pop up** - the most important manoeuvre in surf. If you don't have a good pop up in your belt, you will have limitations and never be able to get to the next level of surf skills. That's why I always give a lot of attention to our students for this amazing basic fundamental. So, here we try to break it into parts to help you to understand how it works.

1- After your final paddles, choose a wave and when you feel it with your board and get that easy push from the wave - that is the right time to pop up. The way to do it is to start the movement as early as possible to optimise your momentum on your decent.

2- From there you will start to slide your two hands on the top of your board deck and position them close to your ribs to push yourself up (back archy). At the same time your back foot will move to the back pad on the top of the board just between the fins. Then to elevate your bump up, create a space to slide your front foot, as close as possible to your arms at the front. Back knee now will be positioned close to your front foot.

3- Time to literally stand up now using your momentum from the all movement. Just make sure your head is on top of your front foot, not sideways. Lean to the front, looking high where you want to go and position your guide arm to the front and keep your legs flexible to not disconnect yourself from the board.

4- Remember to push hard through the waves. On the final push, stand up, legs strong, steadily balanced and active and remember it's alright if you fall because it takes practice and time.



*Surf coach Ed enjoying the waves at Urbansurf in Melbourne*



## DOLLARS AND SENSE BY DAVID WELLS

### The Income Drought of 2020

Investing solely to generate income has rarely been the most productive of investment strategies, and this year demonstrates that very clearly.

It has been harder and harder over the last few years to passively generate a good income level from fixed interest, and now it's harder also to do the same from equities and property investments. We have had a decline in interest rates over the past decade, and term deposit rates are now around 1.00%. The recent fall in the value of growth assets and also, since Covid-19, the cuts in dividends makes things much harder to realise a good income stream from any investments.

Many fund managers have not had the opportunity to generate significant capital gains and can't distribute these gains in lieu of income either, so some investors may seem to be trapped in an income "drought".

This July investors will have seen the impact of ANZ and Westpac cancelling dividends and National Bank slashing their dividend by 65%. Other companies have followed suit, and it's expected that dividends will fall by between 35% and 55% this coming year and stay that way for a few years to come. Property returns have also fallen significantly as well.

Leaving aside any taxation considerations (which tend to benefit returns in the form of capital gains), it could be argued that investors should be ambivalent as to whether investment returns are in the form of income or capital gain. It is the overall level of return (capital gain plus income) that determines the change in the value of a portfolio. If withdrawals are required to fund living what ratio of return is derived from income or capital gain. This is "total return Investing".

If income becomes insufficient to cover living expenses, investors will need and should expect to use some of their capital. This is not a bad thing at all as long as capital growth is maintained on a portfolio level. There's no law that requires investors to starve just so they don't use capital. Over the long term, the greatest component of investment returns is capital growth, not income and investing for income limits the level of growth available. This current situation is hopefully just for the short term and for some, income will pick up in the near future, but for others it will become a permanent thing.

#### **Do you need to reconsider your investment strategy?**

Accepting that capital withdrawals will become a necessity will shift the focus of impacted investors from income objectives to total return objectives. This is a far healthier approach than the alternative of changing a portfolio strategy and risk profile in order to meet an arbitrary income target. Inevitably the pursuit of higher income will lead investors to higher risk investments.

Within the fixed interest asset class, this can encourage investors into assets that have a higher level of credit risk where capital loss can occur if corporations or mortgage holders default on their borrowings.

Within the equity asset class, this income pursuit can lead to what are termed "dividend traps". A dividend trap occurs when a stock's yield appears highly attractive based on past payout levels; however, the reason the yield is attractive is because the market has already priced the stock at a discount on the likelihood of future reductions in earnings and dividends. This is one of the most common mistakes made by investors who don't get advice.

In reality, an investor should be looking for cash flow from their investment portfolio, rather than "income".

For growth investments, such as shares, property and ASX listed infrastructure, much of the decline can be seen as temporary. In these areas things will recover (maybe with different companies) and Australian equities should return as a high yielding investment. Even now the returns are consistently over 5% with income plus any growth, and some infrastructure investments return very consistent returns annually. Compare that with term deposits.

For some (most) investors a switch in strategy to Total Return may be appropriate. This will gain some benefits now and provide the opportunity for short term gains as well as longer term consistency and growth, without relying on dividends. There are many investment portfolio opportunities that allow a cash flow stream from a portfolio invested purely for growth, which I believe is the best possible solution.

If you would like a confidential chat about your particular situation please feel free to call me.

*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.*

## Your Gippsland share broker and adviser



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

It wasn't that long ago the talk around was that it was looking like by the end of August we should see a little normality and closer to the end of the virus than the start. How quickly things change. The growing numbers now starting to increase doubt that we will see much normality anytime soon. Apart from the obvious problems the virus is causing with peoples lives and for business there is now a concern that in many retail sectors, including fishing there will be a short term shortage of stock. With airfreight difficult and very expensive at the moment and the uncertainty of what stock will be able to arrive via sea, everyone is just waiting to see what happens. This doesn't just affect us, there are many businesses in the same situation. You will have noticed plenty of shops with low stock numbers on the shelves, not by choice. While the new seasons product might be a problem, there is hope that there is more than enough current stock in Australia already to get through this season. It will come at a price though with almost every supplier sending through notices of price increases.

Things have certainly quietened down now those from Melbourne that were here for the holidays have returned home and it's mostly locals fishing. The fishing reports have dried up considerably now that very few are fishing. Despite there being some perfect weather, it would seem many have put their gear away for the rest of winter. Obviously the virus has made the autumn and winter one of the most difficult for many but if there is a positive to take out of the last couple of months, it is that we have seen the best weather for that period in many, many years.

There are still a few in boats fishing and several of our customers have dusted off the land based gear and headed out to the surf and jetties looking for some bait for the season ahead.

The calamari reports have been a little slow and inconsistent since Christmas making it difficult to know where to head. We had several reports over the month from the jetties at San Remo, Newhaven and Cowes and the calamari were good size, but the reports came from times you wouldn't really expect to catch them. The beaches were a bit more consistent in regard to the times you would expect to catch them, evening on an incoming tide. Both the jetties and the beaches were a combination of baited and artificial jigs while those on the yaks and boats told us that artificial jigs were best once you worked out the colour. The best spots were in Cleeland Bight and around Reef Island with a few reports from the Cowes side at Ventnor and Tortoise Head.

Offshore we saw a return of the barrel bluefin tuna, well a couple anyway with schools of much smaller tuna further down towards the prom. There are two very important skills needed to catch this size tuna, especially out here. Time on the water - plenty of it - and luck, as much as you can buy. Plenty try and most aren't successful but there is always someone that seems to land one and as I explain to customers who ask what they might be doing differently, the answer is always the same as most fishing questions we get, probably nothing or at least not much. It's just they were in the right place at the right time and have probably spent a lot more time trying.

The Flathead reports started the month with plenty but as the month went on they slowed or seemed to spread out a bit more and the reports weren't as good. The best area early was in front of the Woolamai club house in about 30m of water and we had several reports of customers landing bags well into double figures, nothing much bigger than 45cm but not too many small ones either. After the good run of fish, they seemed to move and spread out and the reports after that were much less.

The surf beach customers have also been giving us mixed reports and the salmon are small with only the odd fish over the 1kg mark. Typically, with salmon there has been a few good runs of them and if you were on the beach at the right time you could get as many as you wanted. Most reports told us that the fishing was slow and you could enjoy a cup of coffee between fish. Anzacs at Woolamai and Cemetery at Kilcunda the best.



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## Healthy and Healing with Pip

### TO SURVIVE YOU NEED TO BE SELFISH

As the crowds disappeared from the island, we all took a breath. "It's been the busiest winter school holidays, ever!", is what I've heard from the community for the past few weeks.

I have stuck to my usual routine of riding my bike, running my business, zooming with family and staying close to home. But even with my minor interactions outside of the home, I've been feeling a desire to spend more time alone.

Today the birds are chirping, the sun is out and the cars are few. I'm enjoying the less frantic energy. I'm embracing the stillness. I'm settling in for a restful winter. I'm glad we have this season (in Oz) right now. It's a time for napping, hot drinks, dreaming, baths and doing our inner Self discovery work.

Perfect.

If you'd like some ideas of how to embrace the winter season, let's start with these 3 tips:

1. Journaling / writing
2. Dreaming (day & night)
3. Self care

#### Journaling

Writing is such a great way to get out any frustrations AND is a fantastic way to develop ideas and goals.

Take a trip to your local gift shop or go online and buy yourself a beautiful journal.

**\*\*Note:** Beemo San Remo has some gorgeous Alana Fairchild and other journals right now.

Write the good, the bad, the insanity and the joyful magic that lives in your heart. It doesn't have to be perfect. It's about expression and letting the words and images flow out.

Imagination is okay. Truth is okay. It could be words, poems, memories, images, cartoons, or songs. There are no limits.

This is your creative space.

This is a spiritual place to be.

#### Dreaming

I like to use my Yoga and meditation time to dream, as well as my sleep dreaming, of course.

I also dream when I ride my bike or swim or walk. Dreaming is what I think of as an active form of spiritual connection.

You might dream of goals you'd like to achieve or people you'd like to meet. You might dream of past lives.

You might dream of people who you love (past, present or future).

Dreaming is important to stretch yourself out of your comfort zone. And it's important to consolidate your personal desires. Sitting in your garden and dreaming of abundant vegetables or radiant flowers is good practice for manifesting.

Big or small dreams are the same in vibrational truth.

Enjoy your dreaming time.

#### Self-Care

I was quoting to a friend the other day, that: "You are responsible for 100% of 50% of your relationships".

And it reminded me that this means you are 100% responsible for yourself. And if that is true then you must take care of you. No one else can do it as well as you. You are the expert on you. You know exactly what you need. You know exactly how you like things and you know exactly when to give it.

Why would you look outside of yourself? Well, I know I've been told (from my teachers, family, television and culture) that I'm supposed to find someone who 'completes' me. And there are thousands of ways we are told NOT to take care of ourselves because it's selfish. So if you hear nothing else today, hear this. You have my permission (not that you need it) ... YOU are supposed to be selfish!

To survive you NEED to be selfish (and not just during this time in the world). You are a super-selfish Being that deeply deserves to be taken care of BY YOU. Dive in, honour and get comfortable with taking care of yourself. The truth is, there is no one more perfect than YOU to take care of you.

May your time alone be blissful this winter. Feel free to share with me your insights by sending me an email.

Blessings Pip x

Reiki Master Coach, Advanced Angel Intuitive, Bowen Therapist, Meditation and Psychic development teacher. Contact Pip at [www.pipcoleman.com](http://www.pipcoleman.com) or [pipcoleman@yahoo.com.au](mailto:pipcoleman@yahoo.com.au)

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## Slow Cooked Duck Legs with Noodles

### WHAT YOU NEED:

- |                               |                       |
|-------------------------------|-----------------------|
| 4 Duck Legs                   | 1 pk Master-stock     |
| 5000ml Chicken stock          | 4 serves Rice Noodles |
| 1 bunch Spring Onions chopped |                       |
| 1 bunch Coriander chopped     |                       |
| 1 Red Chilli chopped          | 1 cup Bean Shoots     |

### WHAT TO DO:

In a large pan pour master stock, chicken stock, roots off the coriander and tops off the spring onions. Place duck legs in and bring to the boil and then simmer for 1 to 2 hours until tender.

Cook rice noodles until soft.

Take a serving bowl. In the bottom place a few bean shoots, spring onions and then a serve of the noodles. Place your duck leg on top whole or shred the meat off the bone and top with the rest of ingredients.

Strain off the stock and pour over the duck to form your broth.





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**Design tip:** When thinking about how you can create a new outdoor space, always remember the key word "flow". Apart from being a buzz word for us designers, architects and alike for a mystical and seemingly sophisticated sales pitch, it is actually a very important element to enhance the functionality and feel of your outdoor area. Your goal should be to create an area that allows you to move easily through the space, and transition effortlessly to surrounding spaces. For example, wide pathways and stairways (at least 1.2m wide) have a much more inviting feel than a skinny

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## Landscape design and construction tips

By Rob  
Waddell from



track or narrow stairway that makes you feel cramped and squashed in. Material consistency can also help with the flow of a new garden. If there is a theme in one part of your home or garden it can often be replicated nearby to create a link and a feeling of structure. If your home has timber floorboards in the living room, why not allow that to flow outside to a nice timber entertaining deck? Consistency of materials makes a garden feel settled and well considered. As important as it is to create flow in your outdoor space, it is equally important to strategically reduce flow in places like utility areas where your clothesline or hot water unit lives, or the dark and narrow side of the house. Large and bushy shrubs are great for blurring the lines and semi obscuring the line of sight to these areas. Just make sure you don't plant them too close to the gate or pathway so as to still allow access when needed - the goal is to disguise, not block completely.



### Gardening tip:

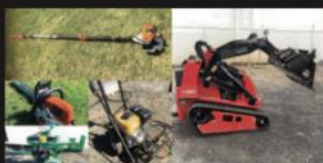
We've been really lucky this Winter on several occasions to enjoy some really crisp mornings and beautiful blue skies throughout the day. This is the perfect opportunity to get out in the garden and apply a fresh layer of mulch to the garden! .

Mulch has a number of benefits and is a really important part of keeping your plants and garden healthy.

Particularly during the Winter months, mulch helps to retain heat and keep your root systems warm. It also adds nutrients to the soil and feeds your plants as it breaks down. When choosing mulch, go for an organic blend made up of fine fibres. Mulch with larger chunks take longer to break down so your soil won't be getting the nutritional benefits it needs. Remember - finer fibres equals finer mulch! When the mercury refuses to rise and the cold grey clouds roll in, it's hard to be motivated to go outside and pull out the Winter weeds, but if you add a fresh layer of mulch your weeding requirements will be greatly reduced! Sadly, you can never fully eradicate weeds from your garden but a 75mm layer of fresh mulch will reduce the likelihood of fresh weeds popping up so you can sit by the fire when it's too cold outside and let your mulch guard your garden against weeds until it's warm enough to get back out there!

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# 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



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It's important to get tested for coronavirus at the first sign of any symptom and stay home until you get your result. Getting tested means you keep yourself, your friends, family, workplace and your community safe.

It's not over yet.



**Find out where to get tested visit  
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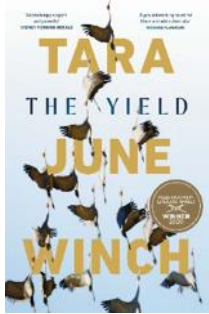




# Book Reviews

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**The Yield**  
**By Tara June Winch**  
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**Winner of the 2020**  
**Miles Franklin Award**

The *yield* in English is the reaping, the things that man can take from the land. In the language of the Wiradjuri *yield* is the things you give to, the movement, the space between things-*baayanha*.

Albert 'Poppy' Gondiwindi spent his life on the banks of the Murrumbidgee River at Prosperous House, on Massacre Plains and wants to pass on the language of his people and everything that was ever remembered before he dies. He finds the words on the wind. August Gondiwindi has been living on the other side of the world for ten years when she learns of her grandfather's death and returns home for his burial, wracked with grief and burdened with all she tried to leave behind. Her homecoming is bittersweet as she confronts the love of her kin and news that Prosperous is to be repossessed by a mining company. She endeavours to save their land - a quest that leads her to the voice of her grandfather, the stories of her people, the secrets of the river.

Profoundly moving and exquisitely written, *The Yield* is the story of a people and a culture dispossessed. But it is as much a celebration of what was and what endures, and a powerful reclaiming of Indigenous language, storytelling and identity.



**The Midnight City**  
**By Mitchell Toy**  
**RRP \$24.99**

When a boy defies his grandfather to stay up until midnight, something truly magical happens. He is taken for an adventure on a midnight tram with colourful passengers through the streets of Melbourne and beyond.

The dream-like journey, rendered with rich illustrations, is a delight for curious children who are awake past their bedtime.

The perfect book for parents and grandparents to share with children – younger audiences will be enthralled by both the magical story and the rich illustrations, while older audiences will find many references to their own childhoods to fill them with wonder.

The dream-state narrative mixed with the multitude of hidden gems in the illustrations give *The Midnight City* an immense longevity on children's bookshelves, as each time they re-read parents and children will notice more details that add to the richness of the story.

What happens at midnight?



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## SPECIAL GREEN AND BLUE PLACES A CREATIVE WRITING INVITATION



*Photograph Churchill Island - Terry Melvin*

Do you have a special place in Bass Coast that you love?

At the ocean, by a river, in the rolling hills?

We would like you to tell us about it, in 150 words or less, and to send us an image of your special place.

We'd love to hear from you and invite you into the 'Coastal Connections' project.

'Coastal Connections' is a community-based project which has recently been funded through the Bass Coast Shire Council's Business and Community Resilience Grants Program COVID-19. The project is weaving together creative writing, musical composition and film-making, with a focus on the natural world. It will result in an exhibition and the development of seven short films about local people and their special places.

Please send your writing, accompanying image and contact details to Dr Laura Brearley, Chair of the Coastal Connections Working Group, by COB Friday August 21st [laura.brearley@tlc21.com.au](mailto:laura.brearley@tlc21.com.au)



*Photograph Bass River - Laura Brearley*

## Hooded Plover season wrap up

It's been a year like no other for all of us, including Phillip Island's Hooded Plovers. A report just released by Phillip Island Nature Parks summarises the 2019-2020 breeding season and the successes and challenges faced by these threatened shorebirds that are classed as Vulnerable in Victoria.

The ongoing management of these rare shorebirds is a key action in the Nature Parks' 5- Year Conservation Plan and part of our ongoing commitment to protecting and enhancing Phillip Island's threatened species.

"Overall, the breeding season was positive with nine chicks successfully fledging from six nesting sites," said Mitch Burrows, Nature Parks Nesting Shorebird Officer.

"The number of chicks fledged per breeding pair was 0.47 which is comparatively higher than last season and is within the rate of between 0.45 and 0.5 needed to maintain a viable population." Researchers divided the season into three periods to evaluate effects such as weather events and human interactions.

Despite increased nesting attempts during the pre-Christmas and Christmas periods, the first chicks did not fledge until 17 February 2020 in the post-Christmas period after the effects of summer crowds and unsuitable weather conditions.

The birds had further reprieve with fewer beach users due to travel restrictions from March and a further six chicks fledged along the Island's south coast beaches in mid-April.

The reasons for the early egg failures were largely unknown, so the team will undertake more rigorous nest monitoring including the use of camera traps in the future to determine the causes.

Despite volunteer activities being suspended in April to help slow the spread of coronavirus, an impressive total of 750 volunteer hours were contributed during the summer breeding season including two research interns who conducted management and research activities.

Volunteers monitored beaches where Hooded Plovers were nesting and informed beach users, especially dog walkers, of the vulnerable birds and their chicks and encouraged understanding of behaviours to assist in their survival.

The team also noted a rare event when one pair of birds hatched three chicks at Crazy Birds beach at the same time as a pair around the corner at Forrest Caves hatched two chicks. The Forrest Caves pair walked their two chicks to Crazy Birds where one of the chicks joined up with the Forrest Caves brood. Known as brood amalgamation, this type of event has only ever been recorded once before on Phillip Island.

During winter, the birds take a short break from breeding. They remain on Phillip Island where they may be seen forming small flocks along our beaches. Since Hooded Plover Watch began on Phillip Island in 1998, the then population of around 20 birds has more than doubled to around 43 individuals, or around 20 breeding pairs through active management, research and ongoing community support.

The success of the program can now provide a model for the management of Phillip Island's other shorebirds such as Oystercatchers and Red-capped Plovers.





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

## SWING LOW SWING CHEERIO

*‘There are foolish souls who carry their appreciation for favours done so far that they strangle themselves with the rope of ingratitude.’ Leroy Cunningworth*

“We had an abandoned quarry like this back home.” Despite the tragic scene, Leroy couldn’t repress a smile. “The local swimming hole. I remember being a kid and swinging on a rope, Tarzan-style, just like this poor fellow.”



His wistful tone contrasted sharply with the bloody, broken body just in front of him. The deceased was a youth of about twenty, wearing swim trunks and lying on a granite slab a dozen feet from the edge of a deep, clear pool. Wreathing the body was a thirty-foot length of rope.

Inspector Flint of the Cowes constabulary lifted the corpse to reveal the rope’s freshly severed end. “See? The rope was cut half-way through, then torn the rest of the way.” He held the body up as Leroy inspected the rope, then settled the body back down on top of it. “This was murder.” Flint intoned with a bass like quality that Satchmo would have loved to emulate.

Both men turned and looked up the sheer rock face. Sixty feet above them was the cliff on which Bobby Pringle had stood. Even from here, Leroy could see the other end of the rope, tied to the branch of a towering pine. The ten-foot section swayed gently in the summer breeze.

“Looks pretty obvious,” Flint said. “Our Mr. Pringle swings out on the rope, just like he’s probably done a hundred times before. Only this time, someone’s cut through it. Instead of swinging into the water, he falls straight down, taking this useless piece of rope with him.”

“Isn’t this area private property?” asked Leroy.

“Yep,” said Flint. “Owned by Newhaven Granite. Pringle and his Newhaven College buddies rent an off-campus house just over the ridge. Let’s go pay them a visit.”

They found the three college juniors sitting in stunned silence on the porch of a tattered cabin. Inspector Flint checked his notes.

“Mark? You actually saw it happen?”

“Yeah.” The short blond boy on the porch swing nodded his head. “I was hiking along the ridge, a couple hundred yards from the cliff. I saw Bobby. He grabbed the rope and took a running start. As soon as he cleared the edge, the rope broke. He screamed and then there was this thud instead of a splash. I came right back here and called the cops.”

“I heard the scream, too,” said a tall, burly redhead. “I’m Cecil. I was walking on the road, by the barbed-wire fence. I figured the scream must have come from the swimming quarry. That’s the only reason anyone goes there. I hopped the fence and found his body a few minutes later. I didn’t touch anything.”

“Forensics will know if you did,” the Inspector said curtly. He approached the third student. “You must be Ken Jones?”

“Right,” answered the last roommate. “I was supposed to go swimming with Bobby today, but I fell asleep. Mark woke me after he called the cops.” He shivered. “I used that rope swing as much as Bobby. It could have been me dying like that.”

Flint took his friend aside. “This could be a hard one, Leroy. We don’t even know if Pringle was the intended target. Whoever sawed through that rope...”

“Whoever sawed through that rope is right here on this porch. I don’t know what the motive was, but one of Pringle’s roommates is definitely lying.” The mind of the Island’s brilliant sleuth was in forensic overdrive. “Let me teach the killer a lesson in logic they don’t teach in the classroom.”

**Well, readers who killed Bobby? What gave the killer away? If you need some help solving the mystery turn to page 18.**



## PADDOCK TO PLATE

**We will be closed on  
August 10th  
Apologies to all our valued  
clients for the inconvenience**

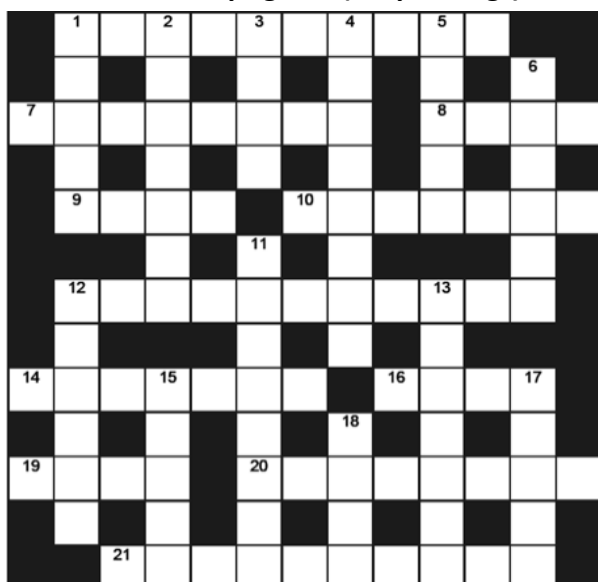
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# Brain Food

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



**Vibe Quick Crossword 127**

## Across

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

## Down

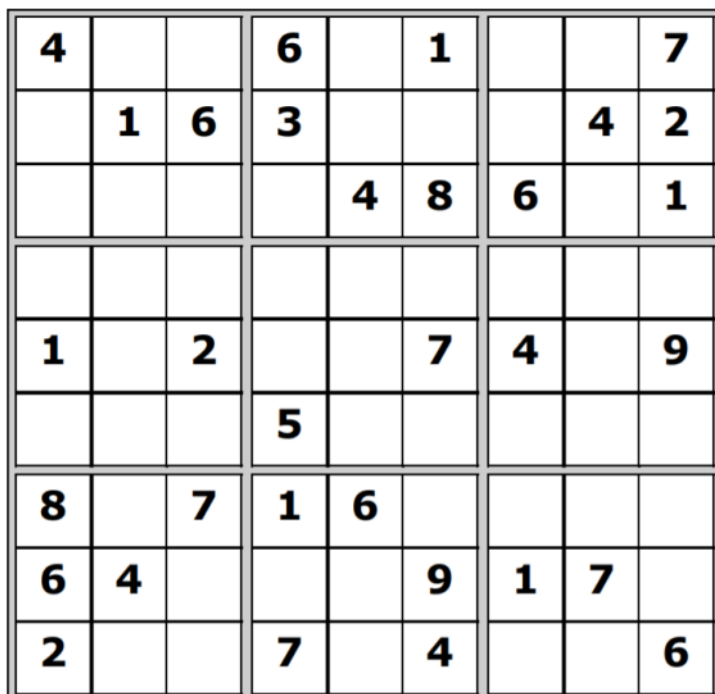
- 1 Late (5)  
2 Witch's pot (7)  
3 Bites (4)  
4 Happy (8)  
5 Conscious (5)  
6 Grow (6)  
11 Explosive (8)  
12 Barely (6)  
13 Dog houses (7)  
15 Splinter (5)  
17 Sightless (5)  
18 Immediately (*medical*) (4)

## TRIVIA QUIZ



1. In Greek Mythology, who is the Queen of the Underworld and wife of Hades? 2. Which house was

Harry Potter almost sorted into? 3. Which country gifted the Statue of Liberty to the US? 4. What was the name of the Robin Williams film where he dresses up as an elderly British nanny? 5. How many bones are there in the human body? 6. What does Na stand for on the periodic table? 7. In which Disney movie is the villain Clayton from? 8. Which country occupies half of South America's western coast? 9. What group of animals is known as a "flamboyance"? 10. What is hummus made from?



**Vibe Sudoku 127**

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

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# PHILLIP ISLAND SENIOR CITIZENS CLUB MONTHLY UPDATE

We've made it to the middle of winter and what an exhausting six months it's been so far.

At the club so far only our bowlers have been able to return. They are only a small group but a very friendly and lively bunch of people ranging in ages from 55 - 98yrs. They have a lot of laughs and are very encouraging toward each other. They are very sporting but don't play the game for competition. They just like to have fun finding the game of bowls good entertainment. They are not a league, it's just a good time with great friends. Mario, our 98yr player is very hard to beat. They play 2 days a week and always welcome new people. Why not give Dominic a call on 0419 831180 to find out when they play and see if you could join in! They even have afternoon tea and biscuits.

On a different note if you haven't been tested for covid-19 on advice from your doctor or because you feel scared. I've been assured that it's so very simple and doesn't hurt. The doctors and nurses at the Cowes Hub are beautiful people who care and will look after you well. And you don't need to panic if your doctor says to be tested. They are just following guidelines and instructions from the health department.

We are very lucky that in Bass Coast there are very few cases. And more often than not it's possible you just have a cold or flu that is very common this time of year.

Remember to keep in touch with your family and friends and keep self distancing. We WILL get through this eventually. Stay safe and warm and look forward to seeing you again soon.

Liza, Phillip Island Senior Citizens Club

## PUZZLE SOLUTIONS

### SOLUTION TO SWING LOW SWING CHEERIO

"Did you fellows all get along?" Leroy asked in his most innocuous tone. "Was Bobby a good friend?"

The roommates exchanged glances. "Well..." Mark hemmed. "Bobby had this habit of stealing girls. He never messed with my Sheila, but I heard from other guys. He got this perverse pleasure from going after girls who were already dating."

"I doubt that was true," said Ken. "Just gossip, you know."

"Then why did you kill him?" asked Leroy.

Ken's attempt at a contemptuous laugh seemed hollow. "What do you mean?"

"You killed him, Ken. You cut the rope and threw it off the cliff. Then, when Bobby showed up to swim, you pushed him off the cliff."

Ken stopped laughing. "That's ridiculous."

"Your story was ridiculous. Bobby didn't swing on the rope as you said. If he had, the severed rope end would have landed on top of his body or beside it. But the rope end was found underneath him. He couldn't have been swinging on it when he fell. I don't see you graduating from Newhaven College anytime soon."

### Quiz Solution 127

1. Persephone 2. Slytherin 3. France 4. Mrs Doubtfire 5. 206  
6. Sodium 7. Tarzan 8. Chile 9. Flamingos 10. Chickpeas



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



## ADVERTISEMENT

## What we can expect the future to look like having gone through Covid 19?



It was all the way back in March this year when the government decided to enforce an imposed lock down due to the spread of Covid 19.

It seemed like things were just starting to get back to some kind of recognisable normal although with the ever present "social distancing" required. Then, like so many other countries around the world Victoria was forced to have to go back into quarantine.

Scientists are working feverishly to create a vaccine and some have even started testing their formulas however many doctors agree that we are still, at the very least a year away from a reliable, safe and workable vaccine.

Then there have been some studies into the construction of the virus DNA, and some are saying it is very similar to the common cold, and we know there is no cure for the common cold. Or a vaccine for that matter.

So what does this mean for your everyday life?

Well for starters there is no denying that our changed behaviors is something we need to get use to which means buying goods and services online is going to continue, which makes you wonder what is going to happen to all those shops in the shopping malls, but I guess that is a whole other story.

Most of us have bought things from eBay and even Amazon, but these are physical products. For most businesses in the service industry, it has been a rapid and steep learning curve in how one goes about providing a service remotely.

Savvy businesses saw the benefits for themselves and their customers of providing services remotely way before this pandemic. These are the businesses that have managed to iron out all the problems that most businesses are experiencing as they tackle this new way of doing business.

One such savvy business is James McConvill & Associates, a law firm that has been providing legal service 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 profession.

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

All remotely.

Having developed these systems for remote servicing over that time 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 a 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 just over 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 had to learn. You want a law firm who has the experience and the proof of successful systems for servicing their clients remotely.

At the moment, there is still only a dim indication of when the Covid 19 lock down 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 can 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 1800 768 429

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