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There's something about a beautiful spring sunset that's hard to beat. Thanks to Debra Dal Bosco for supplying us with this beautiful shot. It's also wonderful to see more people moving around the Island. Don't forget to support local businesses. They're coming from a long way back and need our help. Shop local.

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DOLLARS AND SENSE BY DAVID WELLS

How financial planning can help you!

An interesting detail to emerge from the Covid-19 government assistance was that fact that less than 25% of people who accessed the early release of superannuation scheme actually sought advice from an independent professional adviser. Even in this age, twice as many people will ask family for financial advice rather than seek professional help. These are amazing statistics but unfortunately they are not good numbers.

It seems Australians don't want to pay for plans and information that will help them throughout their life and repay the investment many times over. I am a financial planner, but it took me a few years of being a share broker first to realise the value of planning. Anything worthwhile needs a plan. A house needs plans, a car has to be designed, a trip overseas needs planning. Medical conditions need the help of an expert. There is so much to consider in order to make the best of anything that we all accept the need to use professionals, except it seems for the most important thing in our lives apart from our health.

From the time we get our first pay packet, we can do better if we have help in managing our financial affairs. No two individuals are the same and so it is with wealth creation strategies. Our parents grew up in a very different financial age and our children will grow up in a different one again.

Financial planning will take your current and potential future life situations into account so that you won't have any "unannounced" shocks, or if you do you'll be better prepared to handle them. By assessing what it is that makes you tick, a financial planner can help you make the most of the opportunities available. We have different risk profiles, different incomes and lifestyles that we enjoy (mostly).

How can you raise children and still prepare for retirement? How can you get to buy your own home? As retirement approaches your needs change as does your tolerance to risk, and then there's the prospect of Residential Aged Care - will you have

enough to cover that cost, for you and your partner? A financial planner will be able to help you even after you're gone, having prepared a fantastic estate plan that takes all your wishes into account.

Unfortunately we don't know what the future holds. It unfolds one day at a time, so we need to look at all the possibilities.

A good financial planner will ensure that you have the best superannuation possible and commensurate with your life stage. You can tolerate more risk when you're young than when you're just about to retire. You may have time to recover at a younger age. Men at age 35 have a 50% chance of needing income support by the time they reach age 50. Do you have the right income protection? Should it be in superannuation or outside? Each has advantages and drawbacks, so which one is right? A financial planner can help you decide.

How do you fund school fees and still leave sufficient on which to live? A financial planner can help here too.

All these things may help you get ahead in life and be more comfortable, but this benefit needs protection. Along with other professionals such as accountants and solicitors, a good Financial planner will help arrange such protection. Not just insurances for life and income, but also trust structures for the self-employed or those in second and later marriages.

Will you have sufficient cash flow? Not only can a financial planner tell you how much you may need, but they can also help you to generate sufficient capital growth to get that cash flow.

And then it all has to be explained and be acceptable to you, no one else. Who better than a financial planner? No other trained professional can cover the same breadth of scope in wealth generation and protection.

When you're ill, do you go to the pub for a diagnosis? You may use a chemist if it's the flu but most likely you'd be happy to pay for a doctor, or for more serious matters even a specialist. It's the same for a financial planner. Get an expert opinion and then invest in the solution.

I don't know any financial planners who will charge you the first time you have a chat, so give it a go. Parental advice may be a guide but at the end of the day, professional advice will almost certainly do better for all of us.

Any advice offered in this article is of a general nature only and does not take into account any reader's personal circumstances. Before acting on anything herein, you are advised to get professional advice as to whether the course of action is appropriate for you.

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Phillip Island Senior Citizens Club monthly report

Is anyone else going stir crazy or is it just me? This Covid-19 feels so old fashioned it's out of date and yet here we are so many months on, still having to adhere to a new normal. We are lucky down here compared to metropolitan Melbourne but I still wish our Premier would give us some more freedoms.

Our local businesses have done their best and been very creative with what they have been able to do to stay open during these testing times and we need to continue to support them while they recover.

The Phillip Island Senior Citizens Club is hoping, with our fingers crossed, that we can reopen again early next year when it is safe for our members. We miss you all and hope you come back to celebrate our 50th birthday next year. We are also going to try to work with our local businesses to hopefully gain a discount if you show you're a member of our club. Once we get the go ahead to be able to have meetings, we will go full steam ahead in obtaining all sorts of great things for next year.

So, here we are in November. Time to start shopping and preparing for Christmas. Hopefully by Christmas we will be able to see our loved ones again and celebrate with our family and friends in person.

I would like to wish our President Allan Droscher and his beautiful wife Marlene a happy 60th wedding anniversary along with our Treasurer Arthur Robertson his beautiful wife & fellow committee member Bev a happy 50th wedding anniversary, and also our Vice President Ian Burns and his beautiful wife and co Vice President Teena also a happy 50th wedding anniversary. Great achievements all round.

We wish everyone well and hope you are coping ok. We can't wait to see you again. We have so much to catch up on. Hugs to you all. Hope you all have a great November.

Liza



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Healthy and Healing with Pip

STARFISH AND GREEN GUMBOOTS

This weekend I was talking to my sister about play. And we realised that as adults we spend A LOT of time being serious.

We go to work. We exercise. We walk. We shop. We eat. We walk the dog.

And that's not to say that these activities weren't enjoyable and even relaxing ... but where is the playfulness in all of that?

I just got a new pair of super-sleek and sexy green gumboots (from Merry People - I'll put their website link at the end). And I said to Marnie ... "Okay, in honour of playing more ... I'm going to the beach right now, to play in the water!" (you can watch the video on my Facebook page – link is below) And while I was playing on the beach I came across a HUGE red starfish.

When I got home I looked up what the message was in Dr Stephen Farmer's *Animal Spirit Guides* book and it said: Starfish means ...

-Keep your senses open to the new opportunities that are about to appear, and trust your intuition about which are the right ones to take advantage of.

-In spite of what others say, do things the way you want to even if it's unusual or different from how most people would

do them.

-There's no need to hurry, so take your time getting where you want to go.

-In spite of any recent losses, trust that you'll fully recover and start anew.

-Someone in your circle of friends or family is in need of your compassionate understanding.

-Meditate on the felt connection to All-That-Is and your place on earth and in the cosmos.

Often the simple things that you enjoyed as children or teenagers are what can light you up, give you confidence and have lots of fun. When you are a child you are curious, playful, full of optimism, resilient, and spontaneous. Do things your way. Have fun. Bring in more happiness.

So ... I invite you to take the PLAY CHALLENGE this month. Go to a playground and play on the swings, slide & monkey bars

Go to a grassy spot and lie down to do some cloud-watching

Go to the beach with no shoes on and build sandcastles

Go out in the rain and jump in some puddles

Go to your local icecream / gelato shop and buy your favourite flavour

What else could you do? It's your playtime.

You can check out the Merry People website here: <https://merrypeople.com/> or their Facebook page is: <https://www.facebook.com/merrypeoplerainwear/>

Video of playing in my gumboots: <https://www.facebook.com/573030416/videos/10164118979055417/>

Blessings Pip


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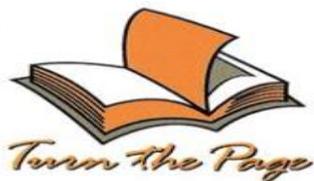
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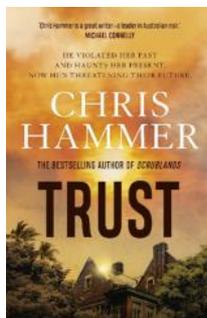


A Year of Simple Family Food

By Julia Busuttill Nishimura

RRP \$39.99

Family food is generous, unfussy and demonstrates love and care. No matter what busyness the day brings, the act of setting the table and enjoying a simple meal together is comforting and ever-reassuring. Eating simply and seasonally is at the core of Julia Busuttill Nishimura's recipes. Whether it's a cooling coffee granita to start a summer's day or the comfort of a hearty baked macaroni in darkest winter, this is the kind of food you will want to share with your loved ones throughout the year. The dishes in this book are brought to life by great ingredients. There are plenty of quick recipes, while others require more time to bubble away on the stove. This is generous, delicious food that the whole family will love, all year round. Recipes include: Summer - Crêpes with whipped ricotta - Slow-roasted tomatoes with mint and mozzarella - Spaghetti with fennel and prawns - Apricot and berry galette Autumn - Granola with poached plums - Spiced split lentil soup with fried eggplant - Miso roast chicken - Blackberry and apple pudding Winter - Congee - Lentil and maple-roasted carrot salad - Japanese braised pork - Dark chocolate, walnut and oat cookies Spring - Tokyo-style French toast - Silverbeet and ricotta malfatti with brown butter sauce - Lamb and green bean stew - Simple butter cake with raspberries.



Trust

By Chris Hammer

RRP \$32.99

Our price \$29.99

She breathes deeply, trying to quell the rising sense of panic. A detective came to her home, drugged her and kidnapped her. She tries to make sense of it, to imagine alternatives, but only one conclusion is possible: her past has come to claim her.

Martin Scarsden's new life seems perfect, right up until the moment it's shattered by a voicemail: a single scream, abruptly cut off, from his partner Mandalay Blonde. Racing home, he finds an unconscious man sprawled on the floor and Mandy gone. Someone has abducted her. But who, and why? So starts a twisting tale of intrigue and danger, as Martin probes the past of the woman he loves, a woman who has buried her former life so deep she has never mentioned it. And for the first time, Mandy finds denial impossible, now the body of a mystery man has been discovered, a man she was engaged to marry when he died. Now is the time to face her demons once and for all, it's time she learned how to trust.

Set in a Sydney riven with corruption and nepotism, privilege and power, *Trust* is the third riveting novel from award-winning and internationally acclaimed writer Chris Hammer.

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Nature Parks Loves Locals

Our local environment and community are something we all treasure just a little more right now, and Phillip Island Nature Parks would love you to join our *family* with a Locals Pass.

The Nature Parks team is loving the chance to welcome locals back to enjoy nature, wildlife, fun and wide-open spaces, and the exclusive Locals Pass offers the Bass Coast community free-roaming all year, with entry to all the Nature Parks' attractions for the price of just one visit. Perhaps the biggest bonus is that the pass brings you into the Nature Parks family with exclusive updates, offers and events.

"We love our locals and want to share the Nature Parks story with you and get to know each other more," said Sally O'Neill, Phillip Island Nature Parks Community Engagement Officer.

"Locals Pass members receive regular updates on what's happening in nature and across the Nature Parks, including 'inside information' and invitations to experience our conservation and ecotourism programs with our passionate conservation team."

"It has been an extraordinary year, and we are looking forward to being together again with our local community. We hope you too will fall in love with your local Nature Parks - its stories, its wildlife and their Island haven home."

The Nature Parks is a not for profit organisation and all visitors, including our local community, contribute to the work we do to protect nature for wildlife.

We proudly manage many of Phillip Island's natural areas that locals share and enjoy – most likely an area in your neighbourhood including:

- 25% of Phillip Island's natural areas
- 115 kilometres of the total 141 kilometres of Phillip Island's coast and islands.
- 42 kilometres of walking paths and tracks
- 4.7 kilometres of boardwalks, 38 viewing areas and 22 shoreline access points.

Adult, child, and Australian Pensioner Locals Passes are available to all Bass Coast Shire residents, rate-payers and students. Passes must be purchased in person with your identification at the Koala Conservation Reserve or Churchill Island.

For those who already have a Locals Pass, you'll be hearing from us soon with offers, and hope that you will consider renewing your pass to keep experiencing all of the member benefits and enjoy free roaming of the beautiful Nature Parks.



Locals Pass Essential information

Phillip Island Nature Parks' Locals Pass gives you:

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- Free subscription to our online newsletter.
- Special offers and events across the year so we can get to know each other better.
- Your exclusive bumper sticker – wear it with pride.

Phillip Island Nature Parks' Locals Pass is available to Bass Coast Shire residents and rate-payers (with proof of ID such as drivers licence, rates notice or bill) and to school students (with student card).



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HOW TO IMPROVE YOUR IMAGES DRAMATICALLY IN PHOTOGRAPHY

Photographers are constantly searching for creative ways to give their images the “wow” factor. The following are some suggestions to help with this.

Change Your Angle We can get in a “rut” by shooting from the same position, which can cause your images to feel stale and repetitious. Tell the story by shooting from above or from down low.

Get Up Close If you have a zoom lens, zoom right in to get that magical shot or with a prime lens move in closer to catch more details.

Back Up Close up shots are great but back up and include your subjects surrounding environment.

Clear Your Space An easy way to improve your image is the take the time initially to clear the background or tidy it up. This helps to keep your viewers eyes from being distracted. That is unless you want to capture the chaotic mess to tell the story.



*Bike by Rhonda Buitenhuis
Rhonda, in her composition has used “Framing”
& Rule of Thirds*

Composition Good composition is a basic concept but can improve images dramatically. Consider how you can improve each image with composition. Perhaps combining several compositional aids in the one image eg. Rule of thirds and leading line or rule of odds and depth of field.

Get the Details Candid shots help tell the story of the moment. Wait for a quiet, fleeting moment that otherwise would go unnoticed.

Get Creative Step out of your safe spot. Explore taking photos that you normally wouldn’t take. It can be fun! Have you tried long exposure, astrophotography, macro, panning, out of focus, abstract – the list is endless.

By implementing these simple suggestions you’ll find you are creating photos that far surpass “snapshots”. Have “fun” trying them out.



*Escalators by Jenny Skewes.
Long Exposure hence the blur
of those on the Elevator -
Taken from above.*

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

Or for more information on Phillip Island Camera Club phone Susan on 0408 136 717

Ref: Cole’s Classroom 7 Tips to Dramatically Improve Your Photos Immediately by Betsy Davis.



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Landscape design and construction tips

By Rob Waddell from



Design tip - Courtyard gardens

When it comes to landscape design a lot of people struggle to get their head around how to create structure and beauty in their outdoor space, they just don't know where to start. When the area is quite small, the problem can be exacerbated. The idea of creating a beautiful outdoor space is very appealing to most people, but for many a lack of size makes the possibility of a beautiful garden or entertaining space seem out of reach. Fortunately, smaller courtyard gardens can be amazing sanctuaries with colour, life and functionality playing a crucial role in a wonderfully inviting outdoor living space, the key is to not over do it. Below are 3 key points on how to maximise your courtyard garden impact:

1. Material selection. Quality materials are a crucial component in any garden but they are even more important in courtyard gardens. Stone paving, concrete, decking and screens are a few common

elements that make up the bones of your outdoor living space, so make sure they are high quality products and installed with great care and attention to detail. These surfaces are very noticeable in courtyard gardens so they should be given high respect during material selection.

2. Appropriate plant size. The last thing a courtyard garden needs is an over crowding of overgrown plants and trees. If you're not careful with plant selection you could end up pulling everything out and starting again in just a few short years. Conversely, when the right plants are chosen with conservative mature heights you can achieve a really stunning look and a lovely environment. If you have enough room for a small feature tree that's a big bonus.

Varieties like *Malus trilobata* (upright crabapple), *Cercis canadensis* (forest pansy) and *Acer palmatum* 'atropurpureum' (Japanese maple) are perfect small trees for courtyards that can provide a splash of colour and dappled shade without dominating the space. The use of ground covers can also be effective in bringing colour, life and a soft element to break up the hard surfaces of paving, decking or screens. *Dichondra repens* is a reliable ground cover choice with a vibrant green colour, *Ajuga reptans* is great for shaded areas, or *Pratia pendunculata* for a lovely show of tiny white flowers. Your middle layer to transition between low ground covers and a statement feature tree should be a medium size shrub - *Arthropodium cirratum*

is a reliable variety, *Lomandra longifolia* or *Dianella* is a super tough native choice, and *Pittosporum* 'Miss miffet' has a stunning look with a bright green domed growth habit.

3. Less is more, don't clutter the space. An effective courtyard design should be as open as possible to allow maximum light and an uninhibited feel. Choose a few key features you want to include - bbq, dining setting, feature tree, privacy screen etc - and accept the elements that are a 'maybe' are probably best kept out of your design. There's nothing wrong with some open space in a courtyard, you'll thank yourself.

Gardening tip:

Have you ever wondered how to achieve a beautiful thick and lush lawn? The answer is fertilising in Spring! You should also be careful to mow at an appropriate height (usually no more than a third off the leaf so as not to scalp your lawn) and keep the watering regular. Top dressing with sand can help repair low spots or struggling patches, and sorry to be the bearer of bad news but pulling the weeds from your lawn will always be one of the best ways to achieve a consistent lush lawn. Follow these tips for a backyard cricket ground that will be the envy of the neighbourhood!



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How Covid 19 is making negotiation of parenting rights more difficult.



The Covid 19 pandemic sweeping the globe causing not only the health issues, but disrupting how we live our lives under new laws introduced to manage the spread of the virus, has made some tasks more difficult than others.

With the various new rules that have been introduced and limitations on the amount of travel allowed at the moment has made once seemingly simple tasks a lot more challenging.

One such task is the negotiating of parenting rights by couples who have decided to separate. The rules that have been introduced with regard to the spread of Covid 19 still need to be adhered to, though the welfare and protection of children is still paramount.

If you are going through a separation at the moment and are in the middle of negotiating your parenting rights, there are some guidelines you can follow to achieve the outcome that you feel is most beneficial for the child.

Of course you want to try and negotiate with your ex-partner directly if possible. However if you are unable to come to an agreement on parenting arrangements, and it needs to go to a mediator and/or court, there are some things you can do ahead of time to put you in a stronger position when it comes to negotiating

1. Make a list of all the activities you currently do with your child along with times and duration of the activity. This will show that you have a strong personal connection with the child.
2. Sit down and create a pre scheduled itinerary of all these activities, and try to be as detailed as you can with times and dates, because this will demonstrate to the court, a consistent routine in the child's life which in times of stress is extremely important.
3. Highlight any special rituals that only you and your child do
4. Create a list of your personal support groups you have access to in the event of an emergency.
5. Highlight a list of reasons why you are in a better position than your ex-partner, to care for your child on a regular basis.

Attention to these details ahead of raising the subject of parenting arrangements with your ex-partner will put you in a better position to argue for extended access.

Although due to the current Covid 19 restrictions imposed to halt the rapid spread of the virus, you will need to do this

remotely especially if you require legal assistance .

Many businesses, especially those in service based industries have resorted to using technology in order to operate remotely.

Legal firms are no exception, like all service industries in Victoria, legal firms are now required to change the way they operate, adopting video conferencing technology to service remotely.

Some firms are more accomplished than others in using this technology, though there is one legal firm that has been using the telephone in conjunction with video conferencing technology to operate remotely servicing their clients in regional areas for more than 14 years.

It was way back in 2006, that James McConvill & Associates took the decision to ditch the fancy big inner city offices, in favour of really reaching out to communities in regional areas remotely, who they thought had been forgotten, when it came to providing expert legal advice with a local understanding of their community.

Now all regional areas around Victoria can benefit from the wealth of experience their lawyers have gained over time.

It has given them an understanding of the legal problems people in regional areas face and how they can apply the legal strategies they have in their arsenal to really help people in these communities.

As one of the very first legal firms to service clients remotely James McConvill & Associates have become the leaders in this method of providing legal advice throughout the Mornington Peninsula and surrounding areas, putting them at the forefront of remote legal servicing.

Through the use of the phone and video conferencing technology, over the past 14 years they have developed reliable and proven systems of remote servicing within the legal profession, enabling a streamlined process of remote serving that increases your chances of a successful outcome in your legal case

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

So if you need legal advice and you want a firm that fully understands the challenges that regional communities face, you can always turn to James McConvill & Associates.

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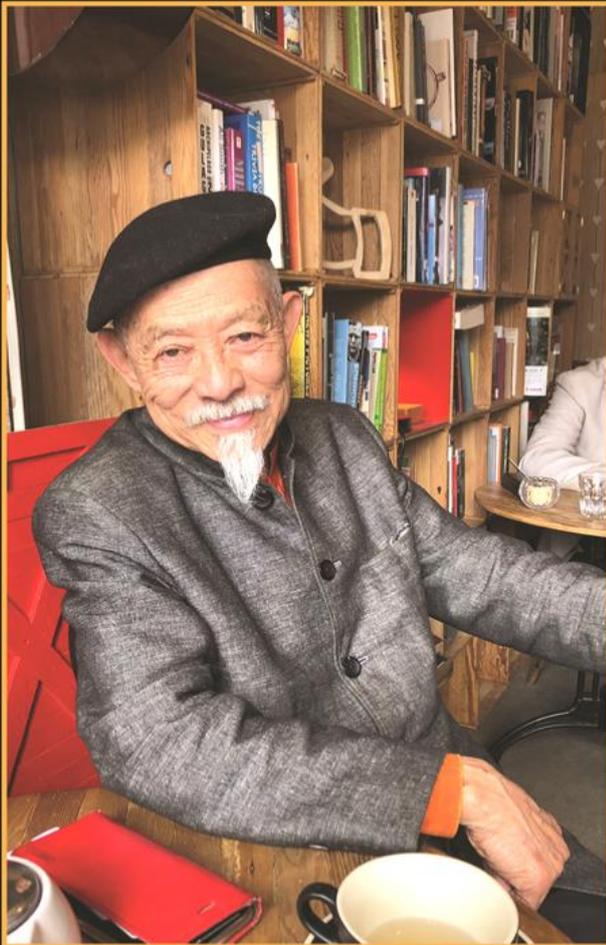
Call: 1800 768 429



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Pandemic Stress



*Reflections on Thriving
in an Anxious World*

Dr James Khong

Saturday 14 November
11.00 am - 3.00 pm
Meet the Author
Dr Jim Khong at
Turn the Page Bookshop
40A Thompson Ave, Cowes 3922

JTW
PUBLISHING
The promise of a good read



Dr Jim was the local GP in Cowes for 14 years. He shares laughs, tears and learning from his life in this valuable memoir.

Surf News by Ed Amorim (@prosurfcoaching)

Competition warm up

Not long ago we offered a free training session for the new talents of @p.i.b.c Phillip Island Boardriders Club. It was a great opportunity for those choosing a surf competition career. This year there's nothing much happening thanks to this crazy pandemic. @prosurfcoaching will soon be making another series of pocket comps to keep the skill levels up.

Surf safety tip

Always check where you are. At most of the beaches in Australia you will find at the entrance one yellow triangle sign with a number and letter to accurately identify your location. It says "in case of emergency state this area number dial 000." Keep that in mind before you head to the water and use the system to keep safe at the beach.

Grommets Program is on X2 now

Pro Surf Coaching grommets program will now happen Saturday's as well. With the success of the previous weeks, easing of restrictions and better weather @prosurfcoaching_ decided to open a second session day for our kids. This will be every Saturday at 10 am. Wednesday 4 pm is still running too so double the fun surf sessions for the little ones. Bookings available.

We always provide quality surf lessons for kids in small groups to develop their surf skills, safety knowledge, to have fun on the beach and make new surf friends. The program is divided into 3 divisions: Micro Grommets 1 to 5 years old, Mini Grommets 6 to 9 and Master Grommets 10 to 12 years old. We provide all the equipment necessary but it is preferable if they have their own wetsuit but if you don't have one, I can provide one.

This lesson will include: introduction to skateboard for surfers, safety briefing at the beach, techniques demonstration and surf practice (just 5 spots available in the group).

Feel free to contact us with any other questions. 0490406005 Ed Amorim Pro Surf

Smoothstar Training Session

We also have our full 2 hrs Smoothstar skate session available here on the island, Mornington Peninsula and Melbourne for all levels with lots of exercises and a new introduction of the vertical element on our training. This is a good opportunity to get on top of your surf simulator skills. Please let us know if you would like to sign up. Not many spots available and it will book out quick. .

Behind the sign

Do you know what @prosurfcoaching_ logo means? Lots of people ask about it. So, let me explain. The small wave inside represents our surf students, the wave on top represents our coaches support and guidance, the circle around is the surf life journey and the three dots is the idea that you will always will be continuously learning. There you go, hope you enjoyed that.



Surf Gym pump up

Our Surf Gym is open again at our Surf Camp at Smiths Beach. Balance, explosion, flexibility, position and muscle memory. All are important to get fit and prepare for the good days. Equipment is available and all our students are welcome to use it any time that suits you with no cost involved.

A big THANK YOU to all our surf students

In our mission "make surfers better surfers" we work hard together, and during this process we put in a lot of good energy but definitely receive all back in double. Seeing our clients doing well is the absolute sign that we are on the right track. Thank you Aims for the little card, I much appreciated it and we officially welcome you to the Pro Surf Coaching Surf family.

Surf in the Movies

Kate, a Casting Director for Film & TV contacted @prosurfcoaching_ looking for a male surfer aged 17-25 years for a role in a new Australian feature film last month. It's a paid gig, about 4 weeks work - mostly getting paid to surf! She asked if I knew any surfers in the age group who might be interested in applying? We recommend a few good surfers from the Island. Good luck to them. Very excited to see the final project on the big screen.

Turning for a Cut Back

If you would like to produce a good cut back, this sequence will turn your plans in action. Sit down in the chair holding position, balance your hand up to engage the rail with guidance hand fooling the eyes to look on top of the front shoulder. @carloscasero1

PRO SURF COACHING

SURF LESSONS

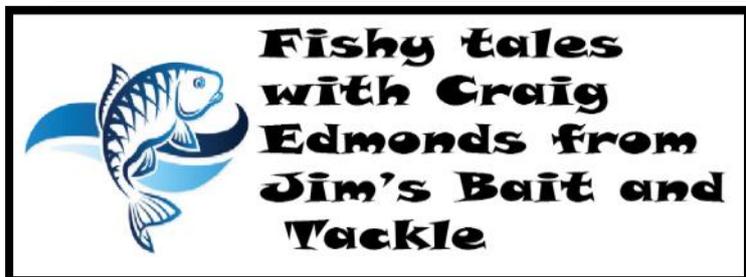
BEGINNER - INTERMEDIATE - ADVANCED

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f
@

Surf Session Birthday Party

We can now organise your Birthday Party at the beach with your best friends around for a super fun complete session of skate and surf together. We looking forward to being part of your party.



For business around the island it's been 10 months of guesswork, changing rules and regulations and hope that doors can open again sooner rather than later. It started way back in January with the almost forgotten bushfires having a big impact on local tourism which led into the current situation with Covid 19. Businesses tend to become very resilient in small communities and holiday areas like ours which is generally due to the support that smaller communities provide. It is no different here with other businesses telling me they have been extremely grateful of the strong local support over the last few months and while it has got them to this point, there is now a real need to welcome people from outside the area in the lead up to Christmas to help them survive. This needs to be done safely without making assumptions that every new face in town is from a Covid hot spot and treatment of some of those people has been disappointing. We have seen many visitors over the last couple of months from regional Victoria trying to come to the Island for a change of scenery and many Phillip island people heading to other parts of regional Victoria for the same. The reality of the current situation is that it is something we all need to learn to live with for a long time yet, adhere to safe practices and work through it with the best information available, not the many social media rumours and speculation from keyboard experts.

All the above sounds a little like fishing, guessing, changing rules, plenty of rumours and speculation and everybody having a different opinion on what's right or the way to do things. The last month has been like that with reports at times making no sense at all while others were as you would expect. There were signs towards the end of the month that things were starting to settle and become more predictable. It was slow but the reports from the land started around mid-month and some quality was finally reported. The colder water species, cod, draughtboards and seven gills were still caught but the table fish were starting to dominate.

The early calamari season is one of the worse we have seen since being in the shop but it's starting to improve now with those looking for fresh bait not having too much trouble finding a couple quickly and those chasing their bag for a meal in the freezer also getting close to their target, just spending a bit more time to find them. There has been a mixture of baited and artificial jigs and one customer told us in one session he got his 10, 5 on each. We have had a lot of reports from customers in boats telling us their rod bent over and because of how much weight was on it thought they were snagged only to be pleasantly surprised when they discovered a calamari well over 2kg was on the end. The average size has been much bigger than we have seen before but on the other side we have seen very few of the tiny ones. The best land based spot has been off the beach in Cleeland Bight with Ventnor beach and the jetties next. Boating and Cleeland Bight has been good but we have had reports from many other areas as well.

Snapper is the main target this time of the year and now the reports are getting back to what is expected - the only surprise seems to be the number of tiny pinkies already in the bay. I say already in the bay, but they were in plague proportions just before all the lockdowns and it's as if they haven't gone anywhere. The reports of bigger snapper became more regular towards the end of the month and we saw plenty around the 5kg mark with the largest a few grams over 9kg. The bigger ones came from where and when you would expect in a normal season and while plenty still missed out there was enough reports to make a trip worthwhile. Several of the reports said that where they caught their bigger ones they were being plagued with pinkies so perseverance, and plenty of bait is needed.

Whiting reports, like snapper and calamari, have finally taken off with some very good bags and sizes being caught. So far this season we haven't had complaints of toadies or leatherjackets from those chasing whiting but they will eventually turn up so enjoy it for now. The size of whiting has been excellent with almost no reports of undersize ones. We have had a couple of reports from customers that after a few they got one that looked smaller so measured it only to find out it was 30cm or more, always a good sign when those you think are undersize are actually well over- means the rest are quality. The best reports of the few received was 54cm, caught land based, and several more nudging that 50cm mark.



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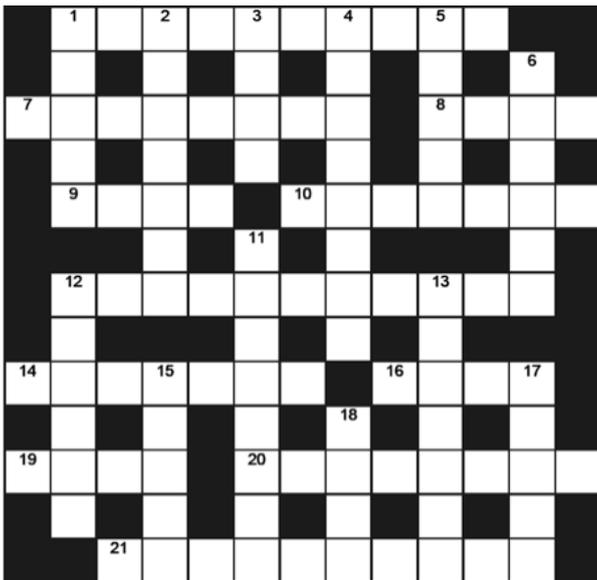
MULCH
 Fresh mulch \$22 per metre and aged mulch \$55 per metre



TIMBER SLABS FOR BENCH TOPS
 Phone Adam Bailey 0427 052173

Brain Food

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



Vibe Quick Crossword 130

Across

- 1 Immunised (10)
7 Uneducated (8)
8 Infant (4)
9 A way out (4)
10 Fame (7)
12 Put at risk (11)
14 Very old fashioned (7)
16 Region (4)
19 Bag (4)
20 Corridors (8)
21 Transgresses (10)

Down

- 1 Unclear (5)
2 Spanish sausage (7)
3 A Muslim leader (4)
4 Skill (8)
5 Glowing coal (5)
6 Overseas (6)
11 Exiles (8)
12 A type of wood (6)
13 Lounges around (7)
15 Bushwalker (5)
17 Cavern (5)
18 Tiny insect (4)

TRIVIA QUIZ



1. What was the winning margin of the 2020 AFL Grand Final? 2. What is the medical definition of the abbreviation NOK? 3. How many NRL premierships has Melbourne Storm player Cameron Smith now won? 4. What are the three largest cities in Tasmania? 5. In bingo, which number is represented by the phrase "two little ducks"? 6. How many times has Donald Trump been married? 7. Cynophobia is the fear of what kind of animal? 8. Who is South Australia's Premier? 9. What is the shortest distance by which horses may be separated in a race result? 10. Who recently purchased the RM Williams Company? 11. When is the next Leap Year? 12. How many ribs are in a human body?

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

Vibe Sudoku 130

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

LOCAL HERO RETURNS

Jim Khong is excited to be coming back to Cowes.

He'll be at Turn the Page Bookshop on Saturday November 14 to meet and greet locals and sign copies of his book, *Pandemic Stress, Reflections on Thriving in an Anxious World*.

Jim loved his time as the 'do everything in medicine' local resource as GP at Cowes, based at the bush nursing hospital. The medical clinic was on the lower ground floor of the local twelve-bed hospital. It had a small emergency room, an operating theatre and a labour ward. 'I got to do everything', Jim says of his fourteen years there. 'I was comfortable because of my emergency and surgical training. It was a very busy family clinic involving many deliveries and surgeries. I delivered so many babies. I loved them.'

Jim was the last of the live-in local doctors for the community. The Warley Bush Nursing Hospital closed its doors in 2008. Jim finished his medical career in Melbourne, in general practice.

In his unpretentious, gracious and humble full-of-wisdom memoir he shares his learning from fifty years in medicine, his life experience and observations – and how to maintain good health and get through any stressful challenge.



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

“Y’s a crooked letter and you can’t make it straight”

Inspector Jack Flint of the Cowes Constabulary, cursed silently under his breath that his mate Leroy, the Island’s brilliant sleuth had accepted an invitation to play golf and wasn't taking calls.

Jack gazed at the corpse. He had heard stories about murder victims writing a last dying message in their own blood. Such things actually did occur. But why would someone use his last ounce of strength to crawl over to a wall and write in blood ... his own name? It made no sense.

The murder scene was in the offices of *Robin and Blind*, certified lawyers. It was an oddly shaped space. In the front was a reception area guarded by Mona Slapinsky, a middle-aged assistant. Behind her station, the office split like a “Y,” with two long corridors angling off. At the end of one corridor was a frosted glass door, with painted letters proclaiming “Douglas Blind.” At the end of the other corridor was a similar frosted door, this one with the name of his partner, “Gil Robin.”

On the day of the murder, Mona left the office around noon to walk in the park and eat the sandwich and apple she brought every day from home. Gil Robin left a few minutes later to have lunch with a client at his private club. That left Douglas Blind alone in his office.

Mona was the one to find his body. “I was coming back from the park,” she said in her statement. “I saw Larry, the guy from Aussie Post, on the sidewalk, ringing our buzzer. He said no one was answering, which isn’t unusual at lunchtime. I signed for the parcel, said good-bye to Larry, and unlocked the door. People in this building are very good about security. Strangers don’t get in.”

“Anyway,” Mona continued, stopping to take in a deep breath. “The parcel was for Mr. Robin, so when I got inside, I took it straight back to his office. A soon as I walked in...” She shivered.

“Chairs turned over, lamps broken. And the blood.”

When Gil Robin walked in a minute later, he found Mona standing in his private office, screaming at the top of her lungs. His business partner, Douglas Blind, lay next to the wall, a pair of scissors embedded in his stomach. On the wall, by his outstretched hand

were four letters printed in blood. “D-O-U-G.”

“Doug and I weren’t really friends,” Robin told the detective. “The last time I saw him was this morning. He came into my office to borrow a pair of scissors.” He identified the scissors, which were currently sticking out of his partner’s stomach.

Inspector Flint pointed to a brown leather wallet, untainted by the blood, sitting prominently on his bloody desktop. “Mr. Robin, this is a crime scene. Did you just put that here?”

“No, no,” he replied. “I forgot it when I left. I charged my lunch on my account at the club. That wallet’s been here all day. ”The Inspector put on plastic gloves, then checked the contents - three credit cards and two hundred twenty dollars in cash. Nothing was missing.

The last interview was with Larry Baker, the delivery guy. He’d been called back by his dispatcher and didn’t seem too pleased to have his route interrupted. “I don’t know what I can tell you,” he said. “I had several deliveries in that building today, but I didn’t see anything unusual. I made two trips from my truck. On the second, I ran into their assistant and she signed for the package. I didn’t even go inside again.”

“Do you make a lot of deliveries to Robin and Blind?” the Inspector asked, Larry thought for a moment. “Couple times a week. But I never met either one of those guys. I just dealt with the assistant. From the way she talked, I got the sense that they didn’t get along.”

Jack drove home as his shift was over- he had promised Sheila they would enjoy her favourite show *Junior Master Chef* without any interruption that evening. He hated thinking that his incredibly logical and perceptive wife might be called upon instead to consider and maybe solve this puzzle when he couldn’t, so he reviewed the case in his mind. Damn Leroy for not being at the crime scene- he hoped he bogied every hole. She could watch the show on replay the next day.

Robbery couldn’t be the motive, since Gil Robin’s wallet was still on his desk, untouched. The security camera showed no strangers entering, and everyone else in the building at the time had an alibi. But the big question was why. Why were those four letters scrawled on the wall?

**WHO KILLED DOUGLAS BLIND? WHY WAS “D-O-U-G”
WRITTEN ON THE WALL? SOME LETTERS CAN BE
MADE STRAIGHT, OR CAN THEY? IF YOU NEED SOME
HELP NUTTING THIS ONE OUT, TURN TO PAGE 18.**

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Let's get cooking

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Slow Cooked Brisket

What you need:

1/2 Grass Fed Brisket - covered in dry rub of your choice and 1 can Coca-Cola

What to do:

The brisket is a cut of meat that comes from the belly of the cow. This is a tough cut of meat but when cooked right will be tender and very flavoursome. Place the Coca-Cola and brisket in slow cooker and cook for 6 to 8 hours. Remove from cooker and place on hot bbq and cook until nice and charred. Remove juice from cooker and place in a pan on stove and reduce until thick. Slice the brisket and cover with sauce.



PUZZLE SOLUTIONS



ANSWERS TO TRIVA

- QUESTIONS 1. 31 points 2. Next of Kin 3. 3 4. Hobart, Launceston and Devonport 5. 22 6. 3 7. Dogs 8. Steven Marshall 9. A nose 10. Andrew "Twiggy" Forrest 11. 2024 12. 24

'Y' IS A CROOKED LETTER SOLUTION

Inspector Flint found Sheila in the kitchen finishing preparing his favourite curry and softly murmured in her ear while cuddling her in his arms that she should leave it in the warmer as he needed to have her solve a murder puzzle if possible before Junior Chef started. Her eyes flashed anger but softened. Jack felt more than a little guilty. "But I can take tomorrow off to watch the show with you if we solve a murder tonight. You up for it?" Sheila smiled as Jack outlined the case and hopefully could take credit for doing so instead of Leroy. She sat and thought. "Why wasn't there any blood on the wallet?" Jack frowned. "Do you think robbery was the motive after all?" "Well, it would explain the scissors and the wallet and why Mr. Blind was killed in Mr. Robin's office." "It would?" "Sure. Larry was already in the building, delivering packages. Let's say he entered their office. It seemed empty. He looked down the hall, saw a wallet, and went to steal it. But just then Mr. Blind walked in, bringing back the scissors he borrowed earlier that morning. They fought and Mr. Blind got stabbed. "Now Larry was in real trouble. He needed to blame someone. He assumed that the guy fighting for the wallet was Mr. Robin, the guy whose name was on the door." "You mean he got their names wrong?" "Yeah. That's why he wrote "Doug" in blood, trying to blame the guy's partner. Then he wiped his fingerprints off the wallet and went out to his truck. When Mona saw him, he was pretending that he'd just come back with their package." Jack had to admit it made sense. "Larry could also have changed shirts in his truck, to get rid of the blood." He smiled. "I think you've just straightened that out and earned us a day off. " Leroy eat your heart out.

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

Vibe Sudoku 130

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

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- Marketing support and invitations
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