

# PHILLIP ISLAND VIBE

Free

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ISSUE 133 FEBRUARY 2021



With the beaches busy and many summer visitors on the Island, it's important to remember we share this amazing environment with some unique wildlife, including these seals photographed at Seal Rock. Phillip Island Nature Parks and Bass Coast Shire Council offer some tips for sharing our shoreline safely. Check out their advice on page 12 of this issue. Photo credit: Phillip Island Nature Parks.

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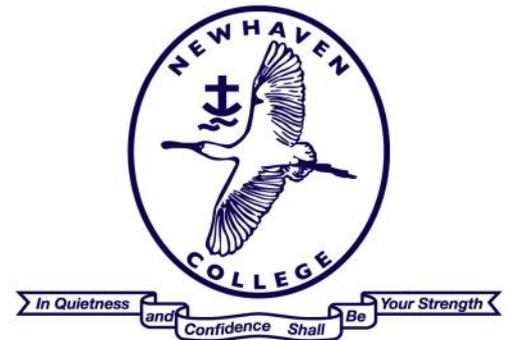
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## Healthy and Healing with Pip

### THERE HAS TO BE MORE THAN THIS

January is always a month of setting intentions and goals for the year. Then February comes and for many people it always feels like lots of pressure. How do you know FOR SURE that this is what you want to do this year?

What if you pick the wrong thing? Will you stick to it this year? Then you start to feel anxious - beat yourself up and then you give up. So, instead I ask you this question, "what would I like to feel, be or know this year?" Do you hear that? The small voice inside that whispers ... "there has to be more than this."

When I wrote my book 'Finding my Soul at Sea' it was a compilation of memories and journal entries from my 6 years of working on cruise ships. All throughout my life, I've written journals and short stories. It was something that came easily to me. Writing has always been a soothing process for me. And it's a great way to weigh up issues, "nut-out" problems, make decisions, honour (or sometimes) indulge emotions like anger, revenge or fear.

Even if you don't think you are good at writing you can find solace in a 'rage on the page'. And processes like automatic writing or destiny drawing can be amazing manifesting tools.

If you have been wondering what's next? or why? or how can things be different? Perhaps you just want to understand yourself a little better. Maybe you have been considering writing a book

and don't know where to start. Well, I have created a new course that will allow you to take a journey, one step at a time, inwards. It's about being curious and really listening to the small voice, then taking compassionate and loving action. The Find Your Soul Course includes: a monthly Soul gathering (60 mins - offered in person and via zoom), a monthly Personal Soul to Soul coaching (60 mins - offered in person or via zoom), a monthly 30-minute Soul Meditation on each topic (offered in person, that will also be recorded and posted in a private Facebook group) and a Find Your Soul Journal to do your personal writing. Here are the topics:

- |                           |                            |
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If you are interested in being one of the 10 x BETA TESTERS please contact Pip by 10th February at: [pipcoleman@yahoo.com.au](mailto:pipcoleman@yahoo.com.au)

**\*\*NOTE:** as a BETA tester you'd be requested to participate fully and give constructive feedback on the course, in exchange for the discounted investment\*\* Pip Coleman - Author, Reiki Master Coach, Speaker, Intuitive Interviews, Bowen Therapist (ISBT), Advanced Angel Intuitive, Meditation & Psychic Development Teacher.

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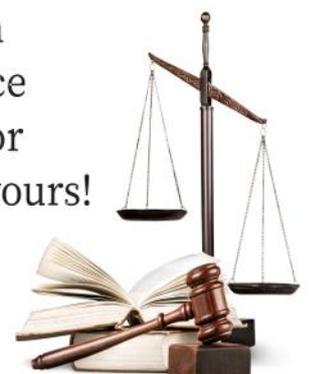
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## The Credit Card Monster

While there are many ways to borrow money, ultimately there is good debt and bad debt, and all debt falls within either category. The difference between the two is a matter of benefit – one will help you progress and the other is added cost.

From the investment point of view most advisers classify good debt as being used to generate growth or income and any debt that doesn't achieve either as bad debt. That's far too simplistic, as borrowing to buy a house for instance, may be considered good, but the debt may incur a higher cost than growth in the house price. Having guaranteed accommodation is a benefit, going in reverse economically is not.

There is however a form of debt that is rarely if ever good, and more often than not could be regarded as very bad and that's credit card borrowing. Nearly all of us have a credit card in some form, be it Visa, Mastercard, Amex or even just a store card. These have their uses, and there's no doubt about that, but where people get into trouble is by not paying down the monthly debt to zero each month.

Interest rates on credit cards are notoriously high, even while official rates are at record historic lows. Card interest is one of the banks' major sources of profit and they are reluctant to kill the golden goose. Credit card debt is the greatest cause of debt distress and bankruptcy in Australia and can have long term ramifications for anyone who suffers it.

Not paying a card out can cost you a great deal of money. As an example, look at a \$5000 balance at standard card rates (in many cases almost 25% annually charged daily and compounding). If this was repaid at the minimum monthly amount and no further use was made of the card, the total cost including interest would be nearly \$14,000 and it would take more than 23 years to clear

the debt if the card was never used again. Frightening numbers.

A \$5,000 debt at age 25 would still be current at age 48! If, however, repayments were increased to \$251 per month, the debt would be fully repaid in two years and more than \$7,800 would be saved in interest. If the borrower could only find an extra \$22 per month, and cut up their card, the cost would reduce to "only" \$7,238 and be paid out in just over 4 years.

If the borrower was smart and switched to a lower rate card, such as one with 12.9% annual interest rate, and paid the minimum it would still take more than 20 years and cost almost \$10,000. Better numbers than above but definitely expensive, very expensive.

The answer is simple to say, not always easy to achieve. We have heard in the Royal Commission how banks would encourage higher credit limits, especially to people they would be expected to know would "max out" immediately. These are the people who need to repay all purchases on the card and do not use cash advances. There are no interest free periods for a cash advance.

For people already suffering financial hardship it is hard to catch up, but not doing anything will only lead to financial disaster for them. Just a few extra dollars in repayments will make a huge difference, as will also not using the card at all.

If this is your position, you should review all the reasons why you are borrowing to spend and try at least to reduce your spending so that you don't have to use the card, but can still pay it down. It may only take a month or two of utter frugality and paying cash to get back on track.

The high cost of credit card debt is one reason many people, especially those below 40 years old are switching to Buy Now Pay later cards where there is a better interest situation and more time to pay them out without incurring interest. However, these too have punitive interest rates if they aren't paid off as scheduled.

It all comes down to the fact that easy money is never cheap and credit card interest rates are historically high, not low.

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## Surf News by Ed Amorim (@prosurfcoaching)

**Learning to surf is easy.** Definitely is when you have good guidance, choose the right surf conditions for your level and the right equipment. We see lots of people out there trying their best to make progress and most of the time developing bad habits and putting themselves and others in danger. Dads and family members try to help and push kids and adults into waves they never will make, contributing to them having a bad experience and giving up surfing for good. We also see good surfers pushing the limits encouraging friends to accompany them in surf conditions they are not prepared for. Look for a good surf school to join. Surf is for everyone and we are here to help you on this amazing journey.

**9 News article** We featured in an article about beach safety on the news @9news last week. If you missed it here is the link: <https://fb.watch/3fQaZAdiWt/> thank you @9newsgippsland cameramen Phil and Reporter Siobhan for the opportunity to talk about safety and alert people about the dangerous elements on the beach.

**Pro Surf Coaching Competition Program** Attention good surfers aged between 5 to 14 years old. You are invited to the Surf Comp program we're running every Tuesday at 4 pm at Smiths Beach. A good way to prepare our new generation of grommets for competitions in different levels, proper training for competitions with Smoothstar skating for surfers warm up, heats simulation, competitors mind game preparation, rule discussions, tactical approach, fitness and flexibility and lots of fun for boys and girls.

**New Students** Last week we had so many new students to welcome and this week we keep going with our mission to introduce SURF to someone new or follow our mission "make Surfers better surfers." A new generation of Nepalese, Chinese, Indian and Australian surfers have been delivered today fresh from our surf academy factory. Well done guys. Thank you to @prosurfcoaching\_ coaching team for the commitment and love you put into it. Awesome work guys, really happy to welcome you all and we are here to help you as much as we can because we love surfing and meeting you all.

**Reminiscing** Today I was checking my photos from 2020 and found one of our last surf camp @kanduiresort Mentawai. Missing the free travelling, waves, tropical feels, coconuts and board shorts so badly. This year we will be back in August and November.

**Surf Garage Sale** this week at our Beach House at Smiths Beach. We still have awesome boards and wetsuits for good prices but it sell quick so please don't miss out. We also have a few boards and wetsuits at the BEACH HOUSE with good prices starting from \$80.

**Pro Surf Coaching "Surf Comp Training Program"** is our best way to prepare young talent for competitions. We look for good surf conditions, top grommets, awesome performance and super fun games. We all love the atmosphere that we created on this project. Well done everyone. Alex won the surf comp training last week with one amazing top turn showing commitment, risk taking and vertical approach with focus on innovative manoeuvres. Everything we teach at training here. Thank you to our coaches for the dedication and motivation to this new generation surf program.

**Weeeeeeeeyyy.** We made the Vibe magazine front cover last month. Kids... hahaaa how cool is that front page. You're famous now. Lots of good information inside the Vibe too. Thank you Vicki and all the team.

Continued page 9



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- Sat 15th May 3pm-9pm
- Sat 20th Feb 3pm-9pm
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- Sat 26th Dec 9am-2pm
- Sat 22nd May 9am-2pm
- Sat 23rd Jan 9am-2pm
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- Sat 27th Feb 9am-2pm
- Sat 24th Jul 9am-2pm
- Sat 27th Mar 9am-2pm
- Sat 28th Aug 9am-2pm
- Sat 24th Apr 9am-2pm
- Sat 25th Sept 9am-2pm

**Market on Church**  
St Philips Church Crn Thompson/Church Cowes

- Sat 16th Jan CFA Market 10am-4pm

**Cowes Sunday Market**  
@ Cowes Jetty Triangle | 9am - 2pm

- 17th Jan
- 31st Jan



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

Fifteen Januaries down and every one of them have been different in some way with this year no exception. One could have been forgiven for thinking we were in the middle of spring or the start of winter with more days of jumpers on than off. The one thing we need to be grateful of this year though is no bushfires and no smoke so despite the changing weather at least businesses have been able to have a Christmas holiday season with quite a good trade period. Stock has been a problem for many retailers this season and we have been no exception but have been able to maintain a reasonable level and service most of our customers needs. Low stock on shelves is not necessarily the shop keepers' fault and I think people need to be a little understanding of this for a while, it will improve but it will take time. Like us on Facebook to keep up with our stock as it comes in.

Despite the up and down weather we have seen some exceptional catches during January from all areas and all levels of experience. We get an influx of land-based reports this time of the year with all the visitors to the area and plenty out trying fishing for the first time.



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When you do see so many new to the sport and the reports you get from them, it makes you realise even more how much luck is needed in fishing. We have seen fish from new fishermen that would be the envy of our most experienced customers. We have had also new customers that have had so much fun they are now hooked and want to get into it a bit more seriously and they didn't even catch anything. With all the success though comes twice as many who have tried hard but missed out and luck hasn't been with them this time.

Tuna! Seems there isn't too many other fish to talk about at the moment with more schools of Bluefin showing up again this season. Like all fishing there are far more missing out than catching and it is more frustrating this season with so many marking very good schools but having no luck getting them to take anything. "What am I doing wrong?" is a question we have been getting asked and the answer most of the time is the same, "nothing". There are many that think you simply drive out, drop a lure and they jump on. If that were the case people would get sick of fishing very quickly. The truth is hours on the water and plenty of fuel in the tank is needed, a huge handful of luck won't go a-stray either. Two major mistakes we have been seeing lately, but this may change is people going too far and too big. The tuna have been in close, 12m to 30m of water and taking very small skirts up to 150mm.

Gummies have also been very good during January both in the bay and offshore with plenty of quality caught to fill freezers with flake. In the bay it has been from a few different areas but the best has come from the channel along French Island and the deeper water off Rhyll. Offshore and two spots have been the best, off the Powlett River and in the area east of the western entrance. Several school sharks have been caught offshore with some also telling us they got them to the boat only to lose them cutting through the leader.

Whiting just aren't running out this season and the big fish continued to come in, although down a little in numbers with the quality that has come in you don't need too many for a few feeds. Towards the end of the month we started to see some smaller fish around Dickies Bay and Reef Island but the bigger ones still continued in the deeper waters off Rhyll and off the shallows along the Rhyll bank. If you are struggling to keep the pippies on the hook long enough, don't forget to try using squid or even pilchard fillets.

Calamari continue to be frustrating and when you think you have them sorted nothing works the next time. We have seen plenty of calamari and big ones amongst them but all season it has been difficult, firstly to find them then to catch them. Persistence, early or late in the day before or after the crowds have all helped your chances but not guaranteed success. We have had mixed reports between baited and artificial jigs and at times both have been better than the other so simply go and do what you normally would, try your options fish your normal spots and if luck is on your side you will come home with a bag of calamari.

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**Pro Surf Coaching column continued from page 5**

**Smoothstar Pocket training** Every first Sunday of the month at 4 pm we have another @smoothstar skate session at Newhaven Skate Park and everyone is invited for the 2 hr lesson with all equipment included. The best way to train yourself making the most of this new surf training tool, safety fundamentals, exercises, circuits and the best way to approach the vertical ramp. Book now - just a few spots available. 0490406005 @prosurfcoaching

**Daryl the legend.** I just met Daryl when I came walk back from Smiths Beach Road and I discovered this legendary guy doing a walk every evening to collect rubbish and crap that others left behind. Well done mate, your attitude is very inspiring.

**Let's go SURF... come to learn or improve your skills with us.**

**Lessons from 6 am to 6 pm every day. 0490 406005**

**Nature Parks Open to Locals!**

Phillip Island Nature Parks is delighted to invite the Bass Coast community to a COVIDSafe Community Open Day on Sunday 14 March 2021, after last year's planned tenth annual event had to be postponed.

Open Day is one of the many special things about being a Bass Coast Shire resident and includes free entry and exclusive activities with the Nature Parks team.

Discover your Island home and all of the Nature Parks' attractions on this special once-a-year-day. There is free entry to the evening Penguin Parade (general admission), Koala Conservation Reserve, Churchill Island and the exciting Antarctic Journey at the Nobbies Centre.

"We are excited to be able to invite the community to enjoy the Nature Parks - the not for profit conservation and sustainable tourism organisation in your backyard," said Sally O'Neill, Phillip Island Nature Parks' Community Engagement Officer.

Entry to all activities and Nature Parks' attractions (including the 'Antarctic Journey' and evening Penguin Parade) is free throughout the day for residents, students and landholders of the Bass Coast Shire and Aboriginal and Torres Strait Islander Community members.

"Join rangers, researchers and volunteers for special walks and talks throughout the day. Of course locals will not be surprised to see some changes to the program and the way we usually do things to ensure the event is COVIDSafe, so stay in touch with all the updates and news at [www.penguins.org.au/community](http://www.penguins.org.au/community). See you there!"

Love your Nature Parks all year round!

Did you also know that all Bass Coast Shire residents can purchase a Locals Pass and become part of the Phillip Island Nature Parks community all year round with unlimited entry and great offers and activities? See [www.penguins.org.au/locals](http://www.penguins.org.au/locals) or call 5951 2820.

The full program and information will be featured on #Phillipislandnp, local papers in the week before the event and available online at [www.penguins.org.au/community](http://www.penguins.org.au/community). If you have any queries regarding the Community Open Day or the Nature Parks' Local's Pass, please call 5951 2830 during business hours or email [community@penguins.org.au](mailto:community@penguins.org.au)

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## NEW YEAR, NEW KITCHEN: THE KITCHEN DESIGN FORECAST AND TOP TRENDS FOR 2021

Whether you're building a new home or breathing new life into an old kitchen this year, you want to get it right. Metricon Design Manager, Ricky D'Alesio, and Senior Interior Designer, Jacinta Evans, share the kitchen design forecast and top trends for 2021 to help you create a kitchen that inspires you.

**Cabinetry** – It's easy to understand why many people love all-white kitchen cabinetry – they're light, bright and timeless. But darker colours and moodier tones are set to be big this year. You can even use both – your wall and floor cabinetry don't need to match. 2pac and matte finishes are on the rise and play with texture such as shaker, v-groove and profile timbers or use reed glass to create interest. If you want to achieve a harmonious look in your kitchen, integrate your dishwasher, rangehood, fridge and rubbish bin into the cabinetry.

**Benchtops** – An island bench can transform a kitchen from a place to prepare food to the focal point of an open plan living space. To up the wow-factor choose a stone-look finish benchtop and install pendant lights or track lighting above. The shape of island benches is changing too with L-shapes and curves making a comeback, and don't be afraid to contrast the island bench from the rest of the kitchen in colours and textures.

**Splashbacks** – The days of unembellished kitchens are gone – it's time to spice up your kitchen design in 2021 with a beautiful splashback. While functionality is still important, consider your splashback a blank canvas where you can unleash your originality and make a statement in your new kitchen. Glass and mirror splashbacks are out, while stone, terrazzo and window splashbacks are in. Tiled splashbacks are also still popular, including geometric patterns and subway tiles.

**Sinks and Tapware** – Undermount sinks and integrated stone sinks help create a seamless look in your kitchen, while oversized sinks are becoming more popular too. Industrial-style taps, knobs and handles are currently trending and for your finishes, choose gunmetal, brushed nickel, black or classic chrome.

**Pantries and Storage** – While you want your kitchen to be stylish and on-show, there are some things that are better tucked away. That's why having a butler's pantry is the new norm. However, if you're low on space, a pull-out pantry is a great option. Compartmentalise your drawers to keep your kitchen tools organised or what we will see more of is making a feature out of appliances and crockery by putting them on display with open shelving.

**Lighting** – Spotlights can help create a feature space in your kitchen, while overhead and task lighting help save energy by only providing light where you need it. LED strips are also being used under cabinets to create extra ambience.

# Sometimes you just need help when it comes to parenting rights.

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Separation is a difficult time, so getting outside help can relieve the stress for you and your child.

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### Sunday 14 March 2021

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\*Conditions apply

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[community@penguins.org.au](mailto:community@penguins.org.au)

OUR  
COMMUNITY



Advertorial

# Sharing Our Shores this Summer

A joint column from Phillip Island Nature Parks and Bass Coast Shire Council

Summer is in full swing across the Island with warmer weather making a trip to the beach a daily occurrence. It's also a busy time in nature with wildlife breeding, feeding and moving around meaning you are more likely to encounter wildlife. Thank you for helping to make this summer a good one so far by observing the regulations which are for everyone's comfort and safety. Here are a few simple ways we can all share our beaches with each other and wildlife...

## Read the signs

The easiest way to keep everyone safe is to stop and read the signs at the entry to your local beach or reserve. These signs tell you how to share our shores with important safety information and dog regulations. Following the signs helps to make sure it's a happy and safe holiday season for families, dogs and local wildlife.

## Protect your pooch

Our dogs love summer too, as a responsible dog owner please:

- Check the signs and walk your dog within the noted summer hours between 1st December and 30th April.



- Keep your dog on a lead (except in designated dog off lead areas) - this keeps you and your dog safe.
  - Pick up your dog's poo - even when no one is watching!
  - Never leave your dog in a car.
- Check out the *Where Can I Walk My Dog* brochure at [www.penguins.org.au](http://www.penguins.org.au)

## Seal Sightings

Australia's largest breeding Australian Fur Seal colony is just offshore at Seal Rocks. Summer is the breeding season when new pups are born and yearlings have to fend for themselves - so you may see young seals resting on our beaches - this is quite normal. Some adults may also be washed up alive or dead over this period. If you see a seal on the beach:

- Leave it alone and maintain at least 30 metres to allow the seal to rest.
- Keep your dog on a lead and at least 50 metres away from the seal to avoid frightening or injuring it.
- Do not feed the seal as it may become used to humans and unable to fend for itself in the wild.
- Do not attempt to move the seal back into the water or throw water over it - they can self-regulate their own body temperature.



## Special Shorebirds



Many birds breed over summer and work very hard to raise and protect their eggs and chicks. Short-tailed Shearwaters have one chick and care for it in their sand dune burrows which are easily collapsed if walked on. Hooded Plovers nest on beaches and may abandon their nest if people or dogs come close to them leaving chicks vulnerable to predators or starvation so please:

- Keep to paths at all times.
- Read and observe all signage including temporary notices as situations may change across the season.



## Sick and injured wildlife

As animals are out and about in the warmer weather and there is more traffic, please drive carefully and watch for wildlife. Phillip Island Nature Parks runs a Wildlife Clinic for sick and injured animals across Phillip Island, however it is not equipped to house or rehabilitate seals. Trained staff are on call from 7.30am-4pm daily to attend wildlife rescue calls. Outside of those hours, wildlife emergencies are managed by Wildlife Victoria - the largest rescue network in the state. Wildlife Victoria is manned by trained volunteers.

- **7.30am to 4pm:** Call the Nature Parks on 5951 2800.
- **After hours: 4pm to 7.30am:** Contact Wildlife Victoria on 8400 7300.
- Cases can also be lodged at: [wildlifevicoria.org.au](http://wildlifevicoria.org.au)

## Dangerous Debris

Fishing hooks, line, nets and other rubbish all cause death and injury to marine and terrestrial wildlife, so please:

- Dispose of rubbish responsibly.
- Collect any rubbish you find and dispose of it in the correct bin.
- Report any rubbish dumping to Bass Coast Shire Council on 1300 BCOAST (2226 278) or 5971 2211.
- Report injured or entangled seals to Department of Environment, Land, Water and Planning (DELWP) on 136 186.



## Summer contacts

Emergency 000  
Victoria Police assist (non urgent)  
131 444  
Bass Coast Shire Council 1300 BCOAST  
(226 278) or 5671 2211  
[www.basscoast.vic.gov.au](http://www.basscoast.vic.gov.au)  
Phillip Island Nature Parks 5951 2800  
[www.penguins.org.au](http://www.penguins.org.au)

Phillip Island  
**NATURE  
PARKS**

See you at  
the beach!



## Let's get cooking

Simple and delicious recipes from Paul at Hill Top Farm Butchers

### Slow Cooked Sweet Pork Belly Bites



#### WHAT YOU NEED:

- |                      |                        |
|----------------------|------------------------|
| 1kg Pork Belly cubes | 1 pkt Memphis Rub Lite |
| 1 cup Apple Juice    | 100g butter            |
| 1 Star Anise         | 2tbs brown sugar       |

#### WHAT TO DO:

Rub Memphis Lite into the Pork Belly cubes as it gives some smoke. Add the Star Anise and cook the pork in your slow cooker with the Apple Juice for 5 hours. Remove the

Pork and then toss the Pork Bites in some butter and brown sugar in a fry pan on a low heat. Now just let them turn into sticky soft pillows of awesome!

Memphis Lite is perfect when you want the full flavour without the heat kick.



## Ready Set Stay can assist you with Short Term Holiday Rental



With the warmer months inspiring summer getaways, Ready Set Stay is over the moon for its clients who have already received countless bookings. The influx has even included weekday bookings from people working remotely and seeking an inspiring change of scenery.

This boutique business is run by sisters Tammy and Jade, who alongside their experienced team are proud to offer a professional, full-management service. They provide their expertise in short-term property management, Airbnb management, vacation rentals as well as offering their skills in interior design, photography, marketing, housekeeping, urgent maintenance and booking management.

It's destined to be a busy summer with holidays postponed and international travel off the cards so it's safe to say there will be an abundance of people treating themselves to a vacation. It's time to consider the potential of turning your furnished property into a booming holiday rental. It can become a reality for you with the assistance of Ready Set Stay. The best bit is that it costs nothing to come on board. Ready Set Stay is your hassle-free passive income partner.



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W: [www.readyssetstay.com.au](http://www.readyssetstay.com.au)

FB: [readyssetstay](https://www.facebook.com/readyssetstay)

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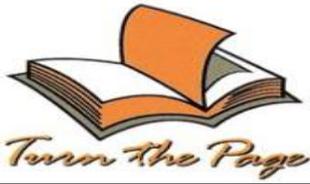
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Image depicts items not supplied by Metricon namely landscaping and fencing, CDB-U 52967.



# Book Reviews

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

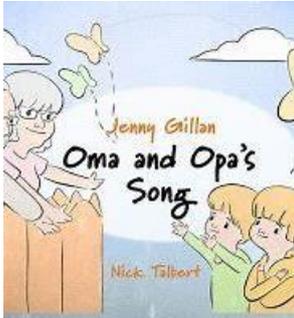
**To our customers and friends, we thank you for your support in what has been a difficult year for so many and we wish you every happiness in 2021**

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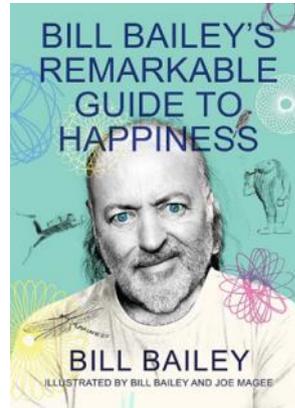
## Oma and Opa's Song

By Jenny Gillan

RRP \$15

At the start of the pandemic Glenys's doctor told her to keep away from the grandkids because she was in a high risk category. Glenys is Oma to seven boys, the youngest was three. How do you explain to a three year old that you're not allowed to hug him?! Glenys asked her daughter Jenny Gillan to write a song to help her explain to the children what was happening and why. Jenny is a music teacher and came up with Oma and Opa's song. It was picked up on the internet and also by the ABC and SBS who did stories about the song. At the end of the year Jenny surprised the family with her song in book form - and added she had added a second verse! When Glenys shared the book with the youngest grandchild over zoom he recognised both Oma and Opa and himself in the book and knew all about the virtual hugs. It was a wonderful early Christmas present at the end of a difficult year!

**There will be an in-store event with Jenny in the first school holidays and there will be singing and lots of fun. Stay tuned.**



## Bill Bailey's Remarkable Guide to Happiness

By Bill Bailey

RRP \$35.00

WHAT MAKES US HAPPY? BILL BAILEY PLAYS CRAZY GOLF AND HUGS TREES TO FIND OUT.

'A warm, funny read, full of personal anecdotes and love letters to things that bring Bill Bailey pleasure' Sunday Mirror.  
'Very thoughtful and written in a delightfully humorous and accessible way... Guaranteed to make [you] smile' Daily Express

Is there a knack to being happy? From paddle-boarding down the Thames in a Santa hat, to wild swimming in a glacial river and cooking sausages on a campfire, Bill revels in the exhilaration of the outdoors, as well as the quieter pleasures of letter-writing, or of simple reflection. In this beautiful and uplifting book, Bill Bailey explores all this and more while delving into the nature of happiness, all in his own, remarkable, way. Packed with wisdom and humour, and with delightful illustrations by the comedian himself, Bill Bailey aims for the heart of pure joy and contentment - and how we can all achieve it.

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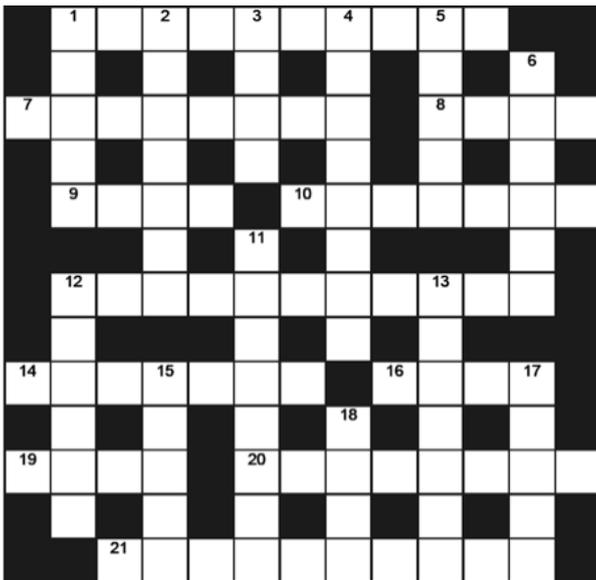
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# Brain Food

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



**Vibe Quick Crossword 133**

## Across

- 1 Thin noodles (10)
- 7 Let down (8)
- 8 Dog hands (4)
- 9 Lucid (4)
- 10 Fleeting (7)
- 12 Big finds (11)
- 14 Reprimanded (7)
- 16 Number (4)
- 19 Solid (4)
- 20 Teaches (8)
- 21 Technical tool (10)

## Down

- 1 Outlooks (5)
- 2 Gives in (7)
- 3 Small amount (4)
- 4 Approved (8)
- 5 To let slide (5)
- 6 Resides (6)
- 11 Unified and consistent (8)
- 12 Trickery (6)
- 13 Copy (7)
- 15 A citrus fruit (5)
- 17 Occurrence (5)
- 18 Expert (4)

## TRIVIA QUIZ



1. What famous landmark was built to celebrate the 100th anniversary of the French Revolution?
2. What is the capital of Switzerland?
3. Janet Jackson was born the youngest of how many children?
4. In the words of the old saying, what is the best medicine?
5. Which country has a flag of only a solid green colour?
6. What drink represents the letter "W" in the NATO phonetic alphabet?
7. In the new Australian film The Dry, who stars as Federal Police Agent Aaron Falk?
8. This year's Olympics are due to be held in which city?
9. In what sport is Gary Player a famous name?
10. Phineas Black and Armando Dippet are past headmasters of which fictional school?
11. Who was the most googled person in 2020?
12. What was the most googled word in 2020?

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

**Vibe Sudoku 133**

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

## Phillip Island Club Monthly Update

So here we are in February. We were hoping to reopen this month but sadly due to covid continuing on this year and close by, it is again put on hold until we feel confident for a safe return for our members.

On a sad note, we farewelled a long time serving committee member, Patricia Coleman. I personally only got to know her during the last 2 years but she left a heartfelt impression not just on me, but on most people who came into contact with her. She served on the committee for well over 20 years and was a lifetime member. She provided many a great time during her bingo calling days after Friday lunches. She was instrumental in forming a craft group where members knitted many items but mostly baby clothes aplenty to sell in order to raise money for the club. Many of these items are still available for sale at the club (contact Liza on 0431867058 if you are interested in buying these beautiful baby wares).

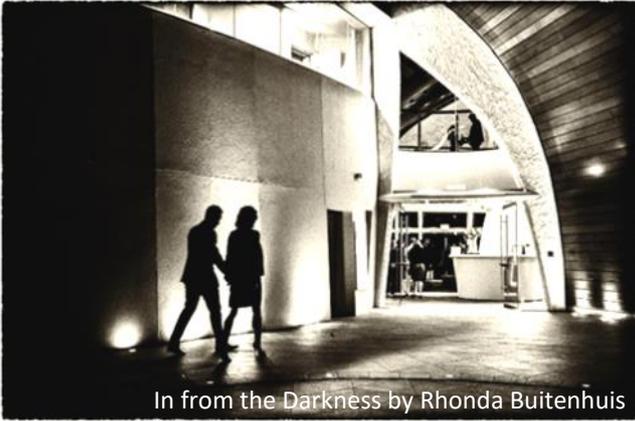
As it stands we have lost a total of 6 members since closing due to covid. Like Pat, each of those members have left a hole in our hearts and we will remember each of them for their beautiful personalities.

On a lighter note we are still a few months away from reopening due to a few logistics but we hope you will come back and help us celebrate our club and all the fun we used to have prior to this pandemic. And at least we can enjoy family and catch ups with friends.



## A COMPOSITIONAL TOOL - LEFT TO RIGHT RULE IN PHOTOGRAPHY

There is a theory that says we "read" an image from left to right in the same way we would read text. For this reason, it is suggested that any motion portrayed in a photograph should flow from left to right. This assumes that the viewer is from a country where text is read from left to right. Many languages are read from right to left such as Arabic for example.



In from the Darkness by Rhonda Buitenhuus

If you found this article of interest and would like to find out more go to [www.phillipislandcameraclub.com.au/contact/](http://www.phillipislandcameraclub.com.au/contact/) For more information on Phillip Island Camera Club phone Jenny on 0408355130 Ref: <https://thelenslounge.com/photography-composition-left-to-right-rule/>



Warley Wrecking by David Cook

It's that simple. Our eyes are used to moving left to right when reading so we subconsciously expect a subject to move from left to right. It is a good practise to think through all elements of composition before you take a shot or position yourself ready to take a shot. Using any rule of composition in photography whenever you can makes the process automatic. When you have all the elements of composition you won't have to think too hard.

The Left to Right Rule can be used in Portraits, Fashion and Wedding Photography. Slowing down before shooting allows construction of better images. If something is happening in front of you, shoot first, think later, otherwise you'll miss the shot. This can be used in Sport and Street Photography. Sometimes it is possible to flip an image so that it flows from Left to Right. This won't work if there are signs or numbers involved as they would read backwards. In applying the "Left to Right" Rule in photography composition it is also a good idea to consider the Rule of Space and the Rule of Thirds. In Rhonda's image above she has used the "Left to Right" Rule, Rule of Thirds, Rule of Space, Framing and Silhouettes. David has also used the "Left to Right" Rule, Rule of Space and Rule of Thirds.

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



**KA-BOOM**

Leroy sat in Inspector Jack Flint's homey but cluttered office at the Cowes Police Station reviewing a recent murder case, now closed. The inspector was about to release a statement to the press and wanted to be sure he fully understood Leroy's brilliant deduction that had solved it.

Flint shook his head and put his hands up. "How the heck do you come up with your deductions. You never seem to get it wrong. Is it some kind of magic power?" Leroy smiled. "Jack, you know better than to ask. You have your fair share, albeit small, compared to mine, of successes." The Inspector grimaced. "Ouch, yes maybe, I'm Mister Plod compared to you." Leroy inclined his head and smiled condescendingly at his friend. "Maybe later, over a beer, but essentially, it's an ability garnered from years as a bar-rister to discern the lie, apply logic, a keen appreciation for human behaviour, and careful attention to what is said and not said, plus body language - all easy stuff." Leroy's verbal flow was unexpectedly interrupted.

"Excuse me? Are you Inspector Flint?" A young, expensively dressed woman stood in the doorway. "I want to report a threat on my husband's life."

Her name was Amanda Pringle, and her husband was John Pringle, the real estate magnate who owned several blocks of valuable real estate on Phillip Island and in Melbourne.

"Yesterday, we received this in the mail." Mrs. Pringle handed the inspector a note made up of cut-out letters. "Prepare to Die, You Fat Old Parasite. Ka-Boom."

"Rather rude," sniffed Leroy.

Flint looked over the note, then dismissed it as harm-less. "A man like your husband must get threats all the time."

Mrs. Pringle seemed taken aback. "No, this threat is serious. This morning I was at my kitchen window pouring coffee. The garage door was open and I saw someone

inside there, skulking about. I sent John's nephew out to look, but by then, whoever it was must have left. My husband's life's in real danger."

"Have you thought about hiring a bodyguard?" asked Leroy.

"John refuses. He's not taking it seriously."

Inspector Flint was sympathetic but, as he told her, if her husband didn't take the threat seriously, there was little the police could do. He sent her away with a warning to keep her eyes open and call if she saw anything strange.

A few hours later, a call did come in, but it wasn't from Amanda. It was from an ambulance team parked outside the Pringle residence. "There's been a car bomb explosion," the emergency worker informed them. "Both Mr. and Mrs. Pringle were killed."

Leroy and Flint arrived to find the mansion's garage a smoking, charred ruin. The victims inside the car had never stood a chance.

A paramedic approached the inspector. "We actually got a call from Mr. Pringle, before the explosion. It seems his wife had tripped down the stairs and been knocked unconscious. He said he was going to drive her to the hospital. We told him to leave her alone, that we'd be there within ten minutes. But I guess he didn't want to wait."

Flint nodded. "So, he puts his unconscious wife in the car, starts it up, and bam! It explodes. Whoever wanted to kill him got them both."

When the crime scene investigators finally showed up, Flint and Leroy retreated into the mansion. They found the Pringle nephew in the kitchen near the rear of the house. Kenny Pringle had been at home all day. He verified the mailed threat and Amanda Pringle's fears about an intruder.

"When was that car used last?" asked the inspector.

"The one that exploded?" Kenny looked out the window and, although the wreckage wasn't visible, wisps of smoke wafted from around the corner to remind them of the carnage. "That's their only car. The other one's in the shop. Amanda used it this morning to go to the police. It hasn't been used since."

"Were you here when she fell down the stairs?"

"Yeah," Kenny said. "She was knocked out cold. I told Uncle John to wait for the ambulance, but he refused. I helped him get her into the car. I was standing right outside the garage when it exploded." His face was still black with soot and there were cuts on his face and hands.

Flint took his friend aside. "I feel terrible. The woman comes to us for protection and I send her home to get killed."

"I don't know exactly what happened," Leroy said. "But I've got a pretty good idea who was involved. You couldn't have prevented this."

**What does Leroy suspect?**

**What evidence made him suspicious? Will the brilliant sleuth be right once again!!**

**Please turn to page 22 for the solution.**

# COMMUNITY NOTICEBOARD

If you're a not for profit club or organisation, you can list your meeting times and contact details here free of charge. If you're not listed and would like to be email us at: [phillipislandvibe@outlook.com](mailto:phillipislandvibe@outlook.com)

**Red Cross, Phillip Island Branch** meets every 2nd Thurs of month, 1.30pm, Uniting Church Hall, Chapel Street, Cowes. New Members welcome. Contact Ron Hateley 59522549 or Averil Roberts 59522602.

**Phillip Island Lions Club** Meets every 2nd & 4th Sunday of month, 1.30pm, Lions Club Rooms, Dunsmore Rd, Cowes. More info: [lionsclubphillipisland@gmail.com](mailto:lionsclubphillipisland@gmail.com)

**Phillip Island Bicycle User Group** Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ruth Scott 0409 946696.

**Phillip Island Bridge Club** duplicate games Mon & Wed 12.15pm for 12.30pm start. Located at back of Newhaven Hall. Visitors welcome. For partner or lesson info contact 0400 815353.

**Phillip Island Girl Guides** Multi age groups from 5 years, Tuesdays 5-6.30/7pm. More info contact Lisa Toro [lisa\\_olivia\\_nathan@hotmail.com](mailto:lisa_olivia_nathan@hotmail.com)

**Phillip Island Club (Senior Citizens)** Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$15. Island Celebration Centre Hall for hire. 59522973 for more information. Recommencing February.

**Phillip Island Community & Learning Centre (PICAL)** recreational, educational and some welfare services to reflect local community needs. For further info call 59521131, [www.pical.org.au](http://www.pical.org.au) or pop in at 56-58 Church St Cowes.

**The Probus Club of San Remo** 2nd Mon of each month 10am at the Newhaven Hall, 23 Cleeland Street, Newhaven. New members most welcome. For more info: Dianne Glanz 0417 610 611 or [probussanremo@gmail.com](mailto:probussanremo@gmail.com)

**Rotary Club of Phillip Island & San Remo** "Fundraising for our community". New members welcome. Phone Keith Gregory 0439 020996.

**Phillip Island Scout Group – Cubs:** Wed 6.30pm-8pm, **Scouts:** Thur 7pm-9pm, **Venturers:** Mon 7pm-9pm. Located at Bluegum Reserve, Dunmore Road Cowes. New members welcome. Email: [gl.phillipisland@scoutsvictoria.com.au](mailto:gl.phillipisland@scoutsvictoria.com.au)

**Phillip Island World Vision Club** 2nd Wed of each month 1.30pm, St Phillip's Church Hall, Cowes. A friendly group of people undertaking fundraising events around the Island to raise funds for sponsored projects around the world. New members welcome. Call Thelma 56785549.

**Lions Club of San Remo & Newhaven** 2nd & 4th Tues of month St Augustine's Church, Phillip Island Rd, San Remo, 6.30pm. Contact Secretary Andrew Page 0410 785081, 56780162 or [sanremo.newhavenlions@gmail.com](mailto:sanremo.newhavenlions@gmail.com)

**Men's Shed** meets at the rear of the RSL every Tues & Thurs mornings 9.30am-noon. Anyone most welcome to join us. Contact Terry Heffernan 0438 808428 or 59526955.

**Phillip Island TOWN Club Weight Loss Group** Thurs 9-11.00am, Ryhll Hall. Joining fee \$48, weekly fee \$6. Nutritional eating, weigh in and group therapy. New members welcome. Contact Vincent Vale on 0414 709066

**Phillip Island Croquet Club** new members welcome. Contact Ken 59568803 or David 0412485913, Blue Gum Reserve Dunsmore Rd, Cowes.

**The National Vietnam Veterans Museum** needs volunteers to assist with cataloguing and conserving the collection, maintenance and building projects and office work. Contact Julie Waters on 5956 6400

**Phillip Island RSL Day Club** every Monday, ANZAC Room, RSL, 10am-2pm. Games, craft, exercises, guest speakers and outings. Transport can be arranged if necessary. Ph: PIRSL Reception on 5952 1004.

**Euchre at the RSL** Come and play Euchre every Thursday night at 7.30pm or come for a meal first at 6.00 pm with cards to follow. For more info contact Bob Hee 0418 173388.

**Phillip Island Camera Club** meets 1st Mon of month, Heritage Centre meeting room, 1:30-4 pm. Contact Susan Brereton on 0408 136 717 or [phillipislandcameraclub@gmail.com](mailto:phillipislandcameraclub@gmail.com)

**Country Women's Association**, 1st Thurs month, CWA Shop, Thompson Ave, Cowes, 1pm. More info: Jan 59525177, Judy 59568480.

**Phillip Island Swim Club** must be competent in 3 out of 4 strokes and looking to extend skills with qualified coaches. [Swimclub@waterfront.net.au](mailto:Swimclub@waterfront.net.au)

**Phillip Island & District Genealogical Society** discover your ancestry. 56 Chapel St Cowes. Tues 10-1pm, Thurs 10-4pm, Frid 1-4pm, Sat 10-1pm. Contact 0418 178343 or [piadgs@gmail.com](mailto:piadgs@gmail.com)

**Phillip Island Adult Riding Club Social & HRCav** horse riding club for beginners to advanced. Rallies held every 3rd Sat of month. New members welcome. Contact Rachel 0435 552518 or email [enquiries.piarc@gmail.com](mailto:enquiries.piarc@gmail.com).

**Cape Woolamai Coast Action** is a volunteer group who meet on the second Saturday Monthly from February to November. We undertake general maintenance and plantings along the Cleeland Bight foreshore. Meeting at Cottlesloe Ave 8.00am to 10.00am followed by morning tea. Ph: Marg 0419007758  
Email: [capewoolamaica@gmail.com](mailto:capewoolamaica@gmail.com)

**Phillip Island-San Remo-Bass Coast Vegan Community** Sharing and promoting what's vegan & plant based. Everyone welcome. [phillipislandbasscoastvegans@gmail.com](mailto:phillipislandbasscoastvegans@gmail.com)

**The Probus Club of Phillip Island Inc** meet 4th Wed of each month, 10am, Anzac Room, Phillip Island RSL, New Members most welcome. For further info Chris Cannin 0434 489011 or Ash Rizvi 59521604.

**Phillip Island Day View Club** proudly supporting The Smith Family, Feb-Dec, 4th Monday of month, 11am, Phillip Island Golf Club, Cowes. Bookings essential. New members welcome. For information contact Irene 59523447.

**Phillip Island & District Historical Society.** Cowes Heritage Centre, contact Secretary Christine Grayden 0400 900612. Check out our History on pidhs.org.au.

**Phillip Island Library,** free wifi and kids programs, Story time every Tues 11-11.30, Baby Rhyme time every Thursd 10.30-11am, Lego Club every Tues 4-5pm. www.wgrlc.vic.gov.au or call 59522842.

**Friends of the Library** book chat 1st Wed of every month at 2pm, Feb-Nov. Phillip Island Library. Friends of Library meeting 10.30am, 3rd Sat of every month. New members welcome. Call Celia 59521901.

**South Coast Speakers Toastmasters** meets every 2nd and 4th Wed of month, 7.30pm at San Remo Hotel. Develop oral communication and leadership skills. More information Brigitte Linder 0421 812691

**San Remo Bowls Club** Summer. Every Wednesday 12.30pm for 1pm start. Stick draw. New bowlers and visitors most welcome. 1a Wynne Road, San Remo, next to Recreation Centre. Phone 56785558.

**Phillip Island Patchworkers** Meet Newhaven Hall Monday 7.30pm; Info Centre Newhaven, 10.30am 1st Tues of month; Cowes Cultural Centre 10.30am last Tuesday of month; Wonthaggi Cricket Reserve 10.00am 1 & 3 Friday of month; Corinella Crafties 10.30am 2nd & 4th Wed of month. Contact Lyn Duguid 0427 593 936

**Newhaven Indoor Bowling Club** meets every Tues at 12.30-3.45pm in airconditioned Newhaven Hall, Cleeland Av, Newhaven. \$5 includes afternoon tea. New members welcome. Age group 60-90 years. Call Dagmar 59566965.

**“Bee Crafty” Community Craft** Group is meeting fortnightly on Wednesdays at St Phillips Church Hall, Thompson Avenue, Cowes (opposite Coles). All are welcome. For further details Desma Maxworth 0409 136 620

**Phillip Island University of the Third Age (U3A)** provides learning and social activities such as choir, creative writing, stagecraft, Spanish, canasta and many more. For retirees and semi-retirees. Most activities are ran at 56-58 Church Street, Cowes. For further info call 5952 1131 or 5952 6461

**Boomerang Bags Phillip Island and San Remo** Volunteers sew re-usable bags to supply local shops and reduce plastic. Sewing bee every Wednesday 10am-4pm Garden Room 2, PICAL 56-58 Church St Cowes. Everyone welcome (no sewing experience necessary). email Kylie@boomerangbagspir.org

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

**The Phillip Island Miniature Light Railway Inc.** Secretary, Bev Munro, 0417 578 435 or Facebook.

**MS Community Visitors Scheme** in San Remo requires volunteers to visit residents in aged care who are socially isolated. Visits are fortnightly and may include taking residents on outings. Phone 98452729 or email volunteer@ms.org.au

**Phillip Island Community Meal** operates on Mondays during school terms, 5.30 to 6.30pm. Volunteers prepare and serve a healthy two course meal to attendees. All welcome. Uniting Church Hall, Cnr Chapel St and Warley Ave, Cowes. Facebook @cowescommunitymeal

**Cowes AA Big Book/Steps Meeting,** 7pm Tues nights, St. Phillips Anglican Church. Corner Thompson Ave & Church St.(opp. Coles) Ph. 0417 317470

**Artist Society of Phillip Island (ASPI)** meet regularly for Visual Artists, Textile Art, Plein Air, Writers, Portraits & Appraisals & Workshops throughout the year. Two Art Shows at Easter & Cup Weekend. Memberships Available Contact Lois Green 5956 9595

**First Friday Philosophy Lunch** We meet once a month over lunch at the Wild Food Farm, on the Rhyll Newhaven Road at Rhyll. We discuss some of the big questions about life, the universe and everything. Newcomers are very welcome. \$35 (including a two course lunch). Bookings or enquiries to John Buttrose: jbuttrose54@gmail.com

**Narcotics Anonymous** meets weekly Sundays 5-6pm, St Phillips Anglican Church, 102 Thompson Ave, Cowes. New members welcome. For more information contact 03 9525 2833 or na.org.au

**The Phillip Island Medical and Health Action Group (PIMHAG)** advocates for improved medical and health services for Phillip Island and San Remo. PIMHAG welcomes new members. Please contact Secretary linda@marston.com.au or 0428 344 726 for more information.

**Woolshed Spinners** meet each 2nd & 4th Thursday of the month at PICAL, Cowes, 10 am to 2 pm to spin wool and other yarn activities. Contact Deb McCann 0428 523 706

**Phillip Island Health Hub Auxiliary** meets 1st Wednesday of every month at 1.30pm at the PI Health Hub in Cowes. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome. For more info – Maree 0408 362600.

**Phillip Island Bowls Club** 40 Dunsmore Rd, Cowes. New members welcome, open to all ages. Social bowls every Thursday at 12noon and barefoot bowls over Christmas holidays. Corporate bowls from January till March. Free coaching available. Come and give it a try - contact George Mol on 0407 851065.

**Phillip Island Community Art & Craft Gallery** Contact Secretary Aleta Groves 0419 525 609 or email-info@phillipislandgallery.com.au

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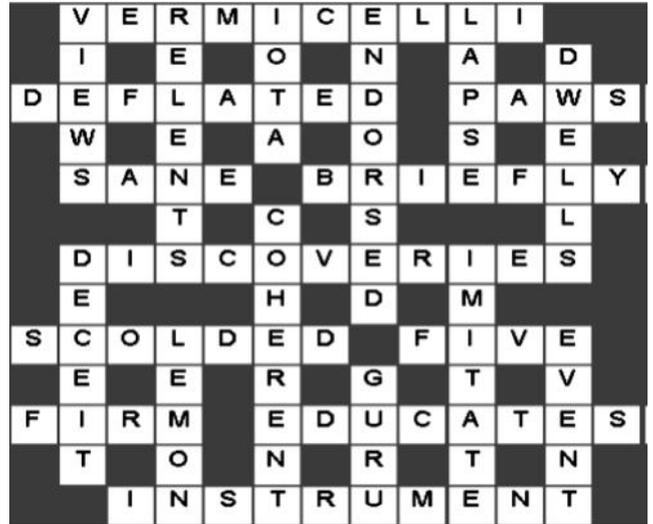
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1	6	2	8	3	7	4	5	9
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8	5	7	1	6	3	9	2	4
6	4	3	2	8	9	1	7	5
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## ANSWERS TO TRIVA QUESTIONS

- Eifel Tower
- Bern
- 10
- Laughter
- Libya
- Whiskey
- Eric Bana
- Tokyo
- Golf
- Hogwarts
- Donald Trump
- Coronavirus

## SOLUTION TO THE KA-BOOM WHODUNIT

"I should have listened to her," Inspector Flint berated himself. "But the threat sounded so unconvincing."  
 "It was unconvincing," Leroy agreed, "because she made it up. My guess is Mrs. Pringle was planning to kill her husband. She constructed a note and a story about seeing someone sneaking around the garage. When her husband died in an explosion, we were supposed to believe it was some enemy."  
 Flint shook his head. "But Amanda Pringle also died."  
 "So? She was unconscious, unable to prevent her husband from putting her in the car. Unless I miss my guess, Mrs. Pringle died from her own bomb."  
 For once, Flint was speechless.  
 "She may have had an accomplice," Leroy continued. "You should check into that."  
 "And what makes you think Mrs. Pringle made up the story about the intruder?"  
 "Elementary. She said she saw into the garage from her kitchen window. But that's impossible. The garage is all the way around the corner from the kitchen window."  
 Leroy proved to be right, of course. Kenny and Amanda were in it together, planning to split John Pringle's money on his death. When Amanda was knocked out, Kenny figured it was his lucky break. He would no longer have to share.



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# The Property Market

## Integrity, Transparency and Community



### 368 Church St, Cowes Island Home in Perfect Position

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659m2 Private block with beautiful gardens  
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### 39 Maroubra Dr, Cape Woolamai A Coastal Dream

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### 61-67 Nyora Rd, Poowong Come Home to a Million Dollar View!

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