

PHILLIP ISLAND VIBE

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ISSUE 140 SEPTEMBER 2021



The sun is shining a bit more and there are rumblings about 'opening up' so things are feeling a bit on the brighter side. This edition includes the annual bin collection calendars on pages 12 and 13. Thanks again to Christine Smith of Captivated Photography for providing us with this stunning photo of Berrys Beach.

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PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

Old Eliza by Pamela Rothfield Phillip Island & District Historical

Coghlan Road on Phillip Island is named after a very special Phillip Island resident, Eliza Coghlan who put Phillip Island squarely on the world stage in 1910 by being the oldest resident within the British Commonwealth, reaching the grand age of 113 years.

Eliza is believed to have been born in 1797, in Westmeath Ireland. Her parents, Joseph and Catherine Cochlan (alternative spelling), were farmers.

It is likely that she arrived in Port Adelaide, South Australia in 1855 on board the Thomas Arbuthnot. Ten years later at the age of 68, when most people are looking to retire, she started working as a housekeeper in Kyneton for a local farmer James Duffus, who had recently become widowed.

Eight years later, in 1873, when James, was about 50, he purchased 141 acres (57ha) of land on the corner of the main Phillip Island Road and Rhyll-Newhaven Road, on which he built a wattle and daub cottage. Eliza, who would have been about 76, joined him in this primitive little dwelling located in what was an embryonic island community.

To describe Eliza as a hardy woman seems to be an understatement. She thought nothing of walking the 8kms to Cowes in her 80s and 90s carrying heavy turkeys and other produce for sale. One local asked her one day why she walked that distance instead of riding in the dray, and her response was that, 'A servant must not drive with the Master!'

She continued to work as a housekeeper and assisted 'her master' James Duffus, on the farm on which he kept horses as well as cattle. On venturing out in one of the paddocks on one occasion, trying to catch a horse, she fell and broke her leg, and despite her age – which would have been in her eighties - she managed to crawl about 1km through the scrub and grasses to get back to the cottage to treat her own injury.

Despite the broken leg incident, Eliza was in remarkable health for most of her life, and more importantly, in full possession of her faculties, except hearing, until in about 1900, when at the age of 103 she suffered the effects of a stroke, which slowed her down somewhat.

It was ten years later that Eliza died suddenly at home in the cottage at Rhyll, at the age of 113, and it was widely reported in many newspapers

that she was the oldest subject in Australia and the British Empire at the time of her death in 1910.

James was greatly saddened by the loss of Eliza and it was only months afterwards that he sold his land on Phillip Island and subsequently returned to England, where he died two years later at the age of 88.

A WOMAN'S DEATH.

REACHES THE AGE OF 113.

Melbourne, Saturday.

Mrs. Eliza Coghlan, who died at Phillip Island to-day, had reached the age of 113.

Barrier Miner (Broken Hill, NSW : 1888 - 1954), Monday 14 February 1910, page 8.

James left instructions in his Will to have 'a suitable headstone and railing' to the value of £ 20, installed on the grave of his housekeeper, Eliza Cochlan (spelling variation).

Whilst we recognise and celebrate Eliza's longevity, she has not been acknowledged in the official list of British Supercentenarians as researchers cannot confirm her age by modern verification standards, such as Irish birth records held at the Public Records Office in Dublin, which were destroyed by a devastating fire in 1922.

The longest recorded living person ever in the British Commonwealth was Charlotte Hughes who died in 1993 reaching 115 years and 228 days. However, for Phillip Islanders, 'Old Eliza' will always be our own Island Supercentenarian and hopefully we may, one day, have yet another name to add to our list.



Eliza and James Duffus

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CRYPTIC CROSSWORD CLUE - SUICIDE OR MURDER



Inspector Jack Flint of the Cowes Constabulary sighed and looked across to his

mate Leroy. "You like impossible crimes, why don't you take a look at this?" Leroy, who was wrestling with a cryptic clue question in the Herald Sun crossword, raised his bushy eyebrows and showed a little interest by raising his left eyebrow, a trait Jack had come to recognise.

Flint and the amateur sleuth were sitting across from each other at the coffee table of a local beach cafe, taking a break from catching crims, and sipping their hot chocolates. In Leroy's case, he was also attempting to answer the last unanswered question of the Herald Sun cryptic crossword puzzle. Jack was showing increasing irritation at his friend's preoccupation with the crossword when there were more important less cerebral and less daunting things to chat about like the wrestling and beach volley ball finals at the now over Tokyo Olympics and last, but not least, a possible murder puzzle.

"Sure." Leroy liked any kind of crime, even if it meant putting aside for a while his crossword. "What kind of impossible crime?" He got up and walked around to look at the police reports Jack had extracted from his briefcase and tried to spread out on the table.

His superior and lifelong friend Chief Inspector Montana of the Melbourne Special force had asked him to intervene and to provide a second opinion. Jack had done his homework but was perplexed and was anxious to get a third opinion from the brilliant sleuth.

"A murder made to look like suicide." And he began to outline the case. Peter Bungle had been found on the street in front of the building where he lived. It seemed that the young man used a screwdriver to remove the child safety bars from a window in his high-rise apartment. Then he jumped to his death.

Among the photos was a picture of another window with the safety bars still attached to the outside of the building. "Looks like the bars would be tricky to remove," Leroy observed. "They're supposed to be hard to remove," said Jack. "Anyway, his prints were on the screwdriver and a suicide note was found in his room. No one else had been at home, according to the doorman. And his friends testified that he'd been moody and distracted lately. It's got all the markings of a suicide. Except..." he sighed.

"We interviewed one his neighbours," Jack continued. "Peter shouted, 'No, no, no,' before he jumped—and he screamed all the way down." "That doesn't sound like suicide," Leroy agreed. Jack nodded. "It turns out Peter lived in the apartment with his older brother Tony. We found a partial print of Tony's on the same screwdriver. So, we had Peter's suicide note analysed by an expert and found a lot of similarities with Tony's handwriting. To cap it off, it seems the brothers had just taken out million-dollar insurance policies on each other's life."

Leroy picked up a photocopy of the suicide note. It was short and

sweet: "I can't go on with the pain anymore. Forgive me, little brother. You'll be better off without me." He examined the penmanship and saw that it did look a little unnatural, with several fits and starts. "What did Tony say about his brother's death?" Leroy asked. "A cool customer," said Jack, shaking his head. "He pretended to be distraught. He was the first to suggest that Peter's death might be murder." "Let me guess," Leroy said. "Teddy Wentworth has an alibi."

"A great alibi. At the time Peter fell, Tony was at his office, on the phone to a client in Sydney." "Maybe he was using a cell phone," Leroy suggested. "No," said Jack, holding up a sheet of phone records. "He was on his land line at the office. And don't forget the apartment doorman. He says Peter didn't come in or out the building all during that time." "Good puzzle," said Leroy. He stood over the table full of papers and scanned them one by one. "Jack, dear friend, remember when approaching a so alleged suicide note, to see it as you would a cryptic crossword clue." Jack sighed audibly, but said nothing, knowing to expect the unexpected, even if it involved a lesson on cryptic crossword clues."

Cryptic crossword clues are normally in three parts. A straight clue, the answer hidden somehow and words that indicate how it is hidden. These are made into a sentence, not necessarily in that order, that sort of sense literally but usually the wrong sense." Jack replied somewhat tersely, 'it sounds Greek to me but there you are, and please, let's get on with it.' "It's not a puzzle," Jack chided. "It's serious. If we don't figure this out, a killer is going to go free."

"Well, I think I know what happened," Leroy said slowly. "But you're not going to like it."

Well Vibe readers, even if you are not good with cryptic crosswords, can you figure out Leroy's explanation for solving the real-life puzzle over Peter Bungle's death? After all, logic and a keen eye for detail often do the trick and allow you to see things for what they really are and not for what they appear to be. If you're still a bit stuck see page 22 for the solution.

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Surf news by Ed Amorim @prosurfcoaching_

We need the ocean I feel so much for our good surf friends from Melbourne's metropolitan region. It's super hard and we are really sad to hear that the lockdown will stand for a few weeks. As a surfer we know how important the ocean is to our life and being away from the waves is definitely a massive task. So we have decided to do occasional live sessions so you can be close to the beach with us. Please also check previous motivational videos of @prosurfcoaching_ to encourage you to keep occupied with exercises to help you to keep fit and well physically and mentally. Please message us if you'd like to receive some other activities to improve your surf at home while you're not able to go surfing. Big hugs to you all and keep positive, well and safe.

Smoothstar exercises There's some Smoothstar exercises to practice at home: bottom turn, re-enter, another bottom turn and cut back. Don't forget the eyes guidance, compression and extension on the turns and right arms, games to connect one movement to the other. For the full Skate for Surfers Program training please contact us. Good luck and good training.



Masters Program So good to see this top crew back together again. We missed a good part of it for lockdown reasons but we share the good energy of the surf back to every single one of you that would love to be here with us. Great effort team. Well done Darren, Jamie, Luke and Flow.

Pro Surf Coaching has developed a program to assist every surfer with our base set at Smiths Beach. We have a special day for everyone:

Ladies Surf Club - 10 am Wed/ Saturday Sessions (for ladies of all ages and levels with multiple coaches to support your learning process and keep you safe and happy)

Surf Competition Training - 3:30 pm Wed/ Saturday (Program for kids to prepare for surf competition events, work on surf skills, tactical, rules, mind and fear with lots of fun and new surf buddies to share the dreams with.

Soul Surfers - 12 o'clock Tuesday/ Friday (surf to help improve mental and physical health).

Masters Surfers- 10 am Saturday/ Sunday (designed for busy people that have not much time to be in the surf but like

to progress quickly with focus on basic fundamentals and progressive continuous training).

If you see something that suits you, call 0490 406005 for more information.

Ladies Surf Club Program has been awesome. We have been working on our surf fitness to warm up, surf knowledge and techniques and finishing with a great surf session in the best conditions possible. We are so proud of you all. Thanks to the support of our coaches Sally and Greg.



Local power surfer Tim Hosking featured in an awesome article in @surfinglife magazine smashing the last good swell in Brazil. Well done mate you fully deserve it. The shots are impressive.

Surf images are difficult You need the right equipment, timing and focus on the click. Shots in the water are even harder needing positioning, courage, fitness and surf knowledge. Great to receive pics after a perfect surf session with your mates. Respect and admiration for this art and the professionals behind the cameras. Thank you @carvemedia @gjolly53 @animarsurffilms @phillip_island_images @steveryanphotography @john.stapleton.568 @old_boy_charger just to name a few.



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DOLLARS AND SENSE BY DAVID WELLS

Aged Care - do I need to sell my house? Part 2

Last month I tried to explain just how aged care costs are calculated and how much it may cost you or someone close to you to live in care. While costs are calculated daily and charged monthly, it may well be that total costs that you need to meet are in the order of \$40,000 or more if you have assets but can't pay a Refundable Accommodation Deposit (RAD). This is a significant amount and generally most residents will pay a fair bit less.

There's the basic fee (85% of standard Aged Pension) which everyone must pay, then a means tested fee of up to \$28,338 p.a. (indexed) and then whatever the Residential Aged Care Facility (the Facility) may charge on top of that. Currently if you can't stump up a RAD you will be charged just over 4% p.a. calculated daily and charged monthly. On the average RAD that's about \$16,000 pa or another \$1,333 per month. This is called a Daily Accommodation Payment (DAP). This is one of the reasons why people expect to sell their home which can be difficult to achieve if there's a partner still living there!

If there is a partner or carer still living in the home, it is not treated as an asset, but all other joint assets and assets in partners' names are assessed.

On average, a resident will be in aged care for about 2.8 years based on industry figures. That's not because they are mistreated but these days people are remaining at home much longer. So if we use averages then we need to provide financially for between three and four years.

The RAD can be paid either in a lump sum once and then no further payments for that part; it can be paid on daily basis as an ongoing non-capped fee or it can be paid through a combination of both approaches. The RAD can also be used to fund the Daily Accommodation Payment as well.

If you don't have any substantial assets other than the family home with no-one living there, then it will need to be used in some form to fund the aged care.

In a perfect world, or where someone had been preparing for this day for 40 years and has sufficient assets to cover a RAD and the daily fee it wouldn't be a problem, but that's not the usual scenario.

Looking first at renting the home out, rather than selling, we have the problem that the median house price (July 2021) in Cowes is \$615,000 and the median gross rental return is 3.29%. If we need to pay a daily fee then we have a shortfall that will need to be found elsewhere. If we bring the gross return back

to net (taking out average costs and tax at the lowest rate) this equates to just over \$14,000 leaving a shortfall of potentially \$30,000 that would need to be made up with other assets. If there are other assets available, such as superannuation and shares, term deposits or other financial assets these may be used to reduce the reliance on selling the home and make it feasible for it to be retained. However, to cover the daily care fee and the RAD would require at least \$500,000 in other financial assets. If the home is worth more than the medium or is in a high rent area then these numbers won't be so dire. If there are other financial assets available then there's a possibility of paying a smaller RAD and then paying a DAP on top of that. The DAP can be taken from the RAD but as the RAD is reduced in this way (i.e. by \$16,000 each year) then the DAP will increase accordingly. This may allow the home to be kept and is usually what's needed if one of a couple will still be living in the family home.

Where there are no other assets available it is highly likely that the home may need to be sold. While emotionally this may be a huge wrench in most cases it makes economic sense.

If a median value home is sold and returns \$595,000 after costs then it is practical to calculate a course of action such as paying a part RAD and investing sufficient funds to generate growth and income that covers the DAP and daily care fee.

The average dividend yield from the share market (top shares) is about 6% and experienced investors consistently generate more than this. If we need to generate \$44,000 p.a. for an aged care payment if we pay a RAD of \$200,000 we are left with a DAP of \$8,088 p.a. and there might not be a means tested daily care fee. There is still \$395,000 to invest which equates to a yield of more than \$20,000. The balance of capital or any growth in invested assets could be used to fund any other costs. If there is a means tested daily care there are annual and lifetime caps.

The numbers and situations referred to in this article, while based on sources believed to be reliable, are hypothetical only and may not be complete. Space doesn't permit me to include all ramifications of the choices outlined in this article so readers will need to take further advice and get information pertaining to their specific requirements. The Government has websites (My Aged Care) and calculators available and there are financial experts available to provide further advice (myself included). Readers who have a decision to make should seek that advice.

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

It's difficult to work out where to start, almost as difficult as it has been to run a business during August or for the last 12 months, I guess. For us, it's relatively simple, shut the door, go home, run a few online auctions and wait until we can go back to work. Obviously, there is a little more to it, especially with planning stock orders for the up-coming season and the no income while bills still mount up doesn't help either but we can only imagine how difficult it is for those people in hospitality. To have the rug pulled out from under you with a couple of hours' notice, restaurants with all their prep done for that evenings, dinners, nights out planned for that special occasion and not to mention those who had to sit on the phone and tell their guests at a minutes notice the wedding wasn't going ahead. Those people could be and should be forgiven for being a little grumpy, changing business hours or a little low on stock and staff. So next time you head into a business, and it isn't quite as normal just think about how these lockdowns could be affecting them and mask up, sign in and help them keep to density limits. They don't need any more stress. Enough negative - the season is on its way,



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and freedom heading into Christmas. For those who haven't been in for a while you will notice that the shop is a little different now and not a lot is where it used to be. We have moved things around to help with the flow of the shop and create some more space. While we have reduced some of the items we were stocking and reduced the variety of certain stock we have added around 50 new stock items this season. The other big change is finally, after requests over the last 15 years we have our own merchandise. We have hoodies and long sleeve fishing shirts, hoodies in adult and kids sizes and shirts in adults only.

Fishing opportunities for the last month, while they have been few and far between with covid lockdowns and the ordinary weather, there was one or two. As you would expect not a lot has been caught and it's difficult to get any idea where the fish are and several have been trying. Calamari was the main target from all, land and boat, with those in the boats/kayaks doing the better. While they were more successful it wasn't much to write home about. The calamari were difficult to find and every report we had came from Cleeland Bight. Jigs were a mixture of baited and artificial and the calamari were on the small side. A couple of reports came from the beaches and jetties, the Cowes side better but still nothing special. Whiting reports were better than the calamari and the size and even the numbers reported were excellent. The best reports came from in Cleeland Bight with reports also from Dickies Bay, Corinella, Rhyll and Cowes, all from boats and kayaks. We had whiting as big as 45cm and numbers well into double figures. With real pippies impossible to buy at the moment it's great to be forced to use other baits with squid strips accounting for most. Although nothing is settled yet around when they will be able to start farming the pippies again, {October is rumoured}, how much of the quota will be available for bait and most importantly, what the price is going to be. From all we are hearing and everything from last season, stock might be short and prices through the roof. While covid might have changed all that was planned last season now is the perfect time to look at alternatives and look at the price difference. You might be surprised at how cheaply you can catch whiting with alternative baits, squid strips and Pilchard fillets. One of the biggest problems has been because of all the restrictions the only chances to fish haven't been in ideal times/tides. Things will pick up, the weather will get better and with any hope, plenty more time on the water which will see plenty of fishing reports.

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ZONE 1

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

Bin Calendar - Zone 1



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 - No collection
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September 2021

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021

M	T	W	T	F	S	S
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11	12	13	14	15	16	17
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25	26	27	28	29	30	31

November 2021

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2021

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
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January 2022

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February 2022

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April 2022

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May 2022

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June 2022

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July 2022

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August 2022

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

ZONE 2

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

Bin Calendar - Zone 2



- Landfill and Organics
- Recycling and Organics
- No collection
- Landfill, Recycling and Organics
- Free Green Waste disposal (30 Oct - 21 Nov)
- Organics Bins (green lid) are collected every week

September 2021

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January 2022

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February 2022

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March 2022

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April 2022

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May 2022

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June 2022

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July 2022

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August 2022

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Zone 2 collection days – Monday: Corinella, Coronet Bay, Tenby Point | **Tuesday:** Dalyston, Harmers Haven, Kilcunda, San Remo, Archies Creek, Cape Paterson | **Wednesday:** Inverloch | **Friday:** Wonthaggi, South Dudley, Wattle Bank

READY STEADY GO KIDS SPORTS AND EXERCISE PROGRAM

Ready Steady Go Kids is an amazing sports and exercise program that is specifically designed for the development needs of 1.5 - 6 year old children. The program introduces the fundamental skills and gross motor patterns of 10 different sports.

Our mission is to introduce children to sports and exercise in a fun, non-competitive, team-based environment; demonstrate that physical activity is fun; and thereby build a platform of skills and knowledge that encourages ongoing participation in sport and exercise throughout each participant's life. This is an important life skill.

Franchisee Emma Dowling says "After starting the business in Bass Coast and Surrounds in 2020, it was a frustrating year. I met so many wonderful Children and Parents who had to put up with the unpredictable Terms due to Covid 19 but the time we did have on court was fantastic. Children are amazing, resilient and wiser than we give them credit for. It is such an honour for me to be able to teach them, get to know them, watch them develop skills and confidence, all while having fun!. I have the best job in the world!"

"I have two girls who both participated in Ready Steady Go Kids when we lived in Melbourne, I am a big believer in the program, that is why I jumped at the opportunity to bring it into Bass Coast and South Gippsland. My heart sings when I see the same students re

enrolling Term after Term, I get to watch their confidence and skills develop, to see friendships develop (actually with parents as well), for them to grasp the structure and routines the program offers and most importantly to see them smile while having fun!

We have lots of new students join throughout the Term, its always a little overwhelming for them to jump into a class they have never been to before, I always tell parent to give it a couple of
Continued page 15



COUGH OR COVID COUGH?

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CAN TELL**

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Authorised by the Victorian Government, Melbourne



goes for them to see the structure of class but they always surprise me and by the end of the session they want to jump in and have some fun. Its really lovely to see the students bond with each, I love the start of the class when they actually look for each other to say hello, or come to me with the question of "Where's Jax today?" "Why isn't Mason here?" Its really special."

"These times are unlike any of us have experienced before, it's so important for children to keep being engaged in activities whenever we can, the social aspect is incredibly important. I've seen some of the most confident children come back to class after a two week lockdown and need their Mum to join in classes, its wonderful to see them come back to the next class and tell their parent/carer to sit down. Children are resilient but that's our jobs as Adults to teach them. All I can say is please get your kids involved, you can always attend make up classes, get a refund or come to other venue if we go into lockdown (which I think we are going to have to put up with for a little while). I would truly like to Thank the incredible parents and carers I already have on my Team, Thank you for trusting me with your children and Thank you for supporting your child's development".

During the September holidays Ready Steady Go Kids will be running a FREE holiday program to keep our kids active and engaged. We have to keep them motivated with something to look forward too - register your interest please email emad@readysteadygokids.com.au

Coach Finley, Coach Lauren, Coach Mikaela & Coach Emma can't wait to see you all soon. If you would like to book a free trial please do so at www.readysteadygokids.com.au

HAPPY FATHER'S DAY

This Father's Day

Let the men who matter the most to you know how much you appreciate them.

To all the Dads out there, have a great day!



Russell Broadbent MP
Federal Member for Monash

46C Albert Street Warragul VIC 3820
russell.broadbent.mp@aph.gov.au
(03) 5623 2064



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newwaveconcreting@icloud.com

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PHOTOGRAPHY – LANDSCAPES – The Sky is Key
Phillip Island Camera Club “Making Photography Fun”

We can improve our Landscape Photography by paying attention to the sky as well as the landscape. In most outstanding landscapes, it’s hard to find an image where the sky isn’t a significant element. In most shots the sky is the feature. Don’t under estimate its importance to the image by eliminating a fundamental piece of your shot.



Wyndham Sunrise by Rob McKay



Looking Back at San Remo by Gary Parnell

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Give the sky the attention it deserves whilst enhancing your landscape. Aim to capture the most interesting skies. Just before a storm, with storm clouds rolling in, after a storm, experiment with the composition of your landscape to capture that foreboding sky. Notice how it can drastically change the mood of your image. What you have to do now is look out for those moody skies and incorporate them into your landscapes. If you found this article of interest and would like to find out more go to www.phillipislandcameraclub.com.au/contact/ Or for more information on Phillip Island Camera Club phone Jenny on 0408355130

Ref: Daily Photography Tips The Sky is the Key

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IRIS
By Ian Burns



*The warmth of the afternoon sun on my face,
 The soft green grass beneath my bare feet,
 There is no finer place than the garden,
 Where serenity and peace both meet.*



Healthy and Healing with Pip

Have you cried yet (today)?

As I finished my online yoga class on Monday morning, I was feeling good ... but also ... hmm ... wobbly. There I was, sitting on my mat, waving to my instructor, my body was feeling strong and relaxed. My mind was feeling aligned and clear.

But I was about to get up when a wave of emotion rose up in me. I could feel it in my chest and my throat.

A sneaky tear rolled down my cheek.

I thought 'Wait ... I feel great ... what's this?'

Another couple of tears followed ... and I sat there in shock.

I thought 'Well ... it has been an intense week ... lockdown #7 ... rescheduling clients ... alone ... in my house ... again.'

And then the tears really picked up speed.

I thought 'Yeah ... that's right ... alone ... all by myself ... no family ...'

You can imagine the flow now, I'm sure.

I thought 'It's happening now ... might as well let it go ... business has stopped ... I miss my sisters ... I miss my Mum & Dad ... I'm not even allowed to speak to my friends on the street!!'

Yep I was on a roll ...

Then I thought 'Maybe I could do some EFT tapping to help me honour and shift these emotions.'

*note - EFT stands for Emotional Freedom Technique.

And so, I cried and tapped and cried some more.

I spoke out loud the fears and worries and concerns that I had been holding inside.

I spoke out loud about the overwhelm, the frustration and the anger.

I spoke out loud about not liking the cold winter weather.

I spoke out loud about feeling sad for all the other business people.

I spoke out loud about hiding my pain from others because I want to protect them.

I recognised that I was also hiding my pain to protect myself.

I recognised that I was not expressing my true feelings enough.

I recognised that my fears are allowed to be shared.

I recognised that my overwhelm and frustration and anger is okay.

I recognised that I had not really addressed my stress about the lockdowns.

I allowed myself to feel lonely. I allowed myself to feel sad.

I allowed myself to feel hopeless. I allowed myself to feel exhausted.

Then I curled up on my mat and wrapped the blanket around me.

I let myself be nurtured. It was about time. It was needed.

It's essential. So, have you cried yet (today?) ...

Neuroscientist Dr. William H. Frey II, author of *Crying: The Mystery of Tears* and founder and co-director of the Alzheimer's Research Centre at Regions Hospital in St. Paul, Minnesota, has spent over 20 years studying crying and tears.

According to Frey, "Crying is not only a human response to sorrow and frustration, it's also a healthy one." It is a natural way to reduce stress that, if left unchecked, can have negative physical effects on the body, including increased risk of cardiovascular disease and other stress-related disorders. In addition to the physical benefits, research shows that 85 percent of women and 73 percent of men feel less sad and angry after shedding some tears.

How Is Crying Good for You?

1. It Relieves Stress

Chronic stress can increase the risk of heart attack, damage certain areas of the brain, contribute to digestive issues like ulcers, and cause tension headaches and migraines, among other health issues. "Humans' ability to cry has survival value," Frey emphasises.

2. Crying Lowers Blood Pressure

Crying has been found to lower blood pressure and pulse rate immediately following therapy sessions during which patients cried and vented. High blood pressure can damage the heart and blood vessels and contribute to stroke, heart failure and even dementia.

3. Tears Remove Toxins

In addition, Frey says crying actually removes toxins from the body. Tears help humans eliminate stress hormones like cortisol that build up during times of emotional turmoil and can wreak havoc on the body. Crying is both a physical and emotional release that helps humans start over with a blank slate.

4. It Reduces Manganese

The simple act of crying also reduces the body's manganese level, a mineral which affects mood and is found in significantly greater concentrations in tears than in blood serum. Elevated manganese levels can be associated with anxiety, irritability and aggression.

5. Embrace Your Emotions and Humanity

While the eyes of all mammals are moistened and soothed by tears, only human beings shed tears in response to emotional stress. Crying helps us acknowledge the feelings we're experiencing, and emotions motivate us to empathise, coordinate and work together to survive. In fact, crying serves an important social function. It communicates the strength and nature of relationships, elicits sympathy and even assistance, and draws individuals closer to one another.

The next time you're feeling overwhelmed and fighting back tears, do yourself a favour and keep these points in mind. Finding a quiet place to decompress or a supportive shoulder to cry on might be exactly what you need.

Pip Coleman - Author, Reiki Master Coach, Speaker, Intuitive Interviews, Bowen Therapist (ISBT), Advanced Angel Intuitive, Meditation & Psychic Development Teacher.

CONTACT: podcast: <https://anchor.fm/pip-coleman>

mobile: 0437 670 820

website: www.pipcoleman.com

SOCIAL MEDIA:

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YouTube: pipcoleman



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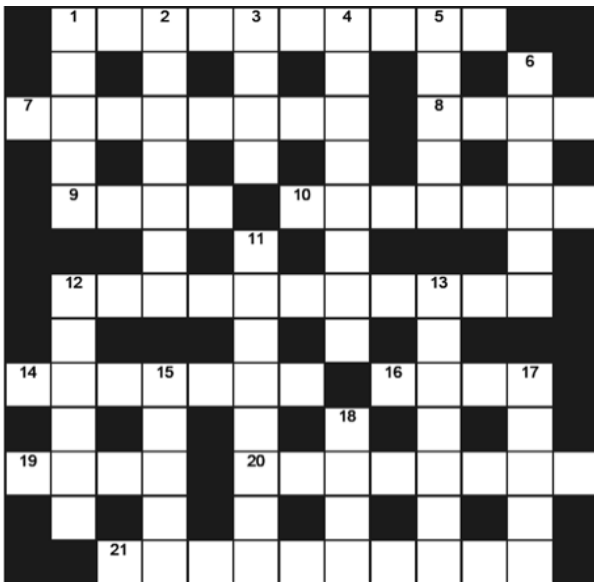
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Brain Food

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



Vibe Quick Crossword

Across

- 1 Someone who doesn't get many dances (10)
7 Supplier (8)
8 Consumes (4)
9 Rave (4)
10 Plastic (7)
12 Administrative officer (11)
14 Behind (7)
16 Happy (4)
19 In the distance (4)
20 Strong (8)
21 A memory aid (10)

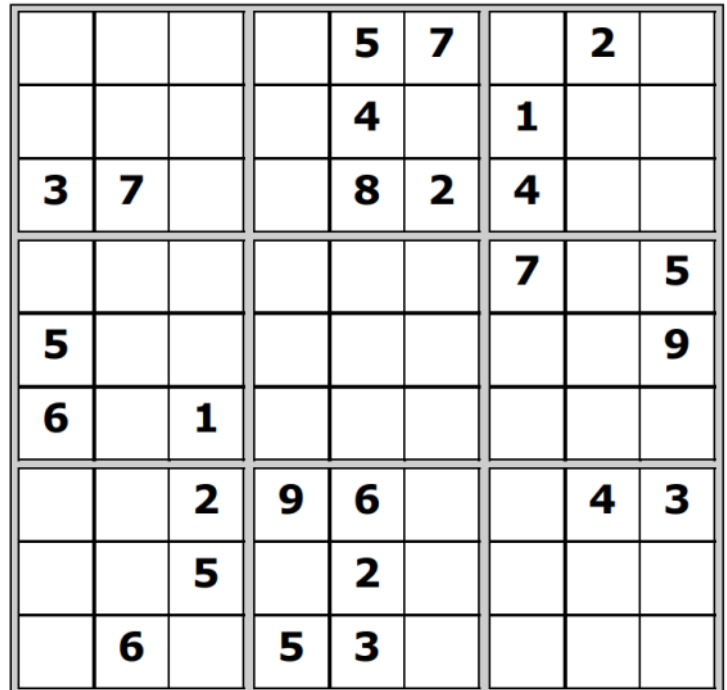
Down

- 1 Liquid (5)
2 Expressing much in few words (7)
3 Trick (4)
4 Eye specialist (8)
5 Each (5)
6 Severe (6)
11 Tremendous (8)
12 Trouble (6)
13 Sickness (7)
15 Soil (5)
17 Beats (5)
18 By mouth (4)

TRIVIA QUIZ



1. Which is Australia's fourth largest city? 2. What word can follow landing, drag and comic? 3. Winnepeg is the capital of which Canadian province? 4. Which of these is not on the Chinese calendar - dog, cat or rabbit? 5. The film Jaws is set on which fictional island? 6. What is the occupation of someone who makes barrels? 7. What is the largest shark species? 8. By what name is East Pakistan now known? 9. Which former wife of Rod Stewart bared all for Playboy magazine in 2004? 10. An olfactometer measures the intensity of what? 11. What is a floating sheet of ice called? 12. What is the largest member of the grass family?



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

Monthly update from the Phillip Island Senior Citizens Club

September already! Bring on the intoxicating smell of spring in the air. The new growth of the flowers, bees buzzing around –time to get the summer garden underway. I'm planning on a bunch of mixed herbs and vegies. What are you growing?
The seniors club is moving along month by month. Our lunches are on the first Friday of each month. Dates are : 3rd September, 1st October, 5th November and our Christmas lunch on Friday 3rd December. You can book anytime on 5900 2921 or call our secretary on 0431 867 058. Our lunch is \$15 and includes a succulent 3 course mouth-watering roast meal. Entree is soup and we have yummy dessert to finish. And don't forget our fabulous prizes to win in our raffles.
At least if we get locked down again we can look forward to much nicer and brighter sun filled days to enjoy some exercise or spending time in our gardens and backyards. This last lockdown was particularly tough for everyone and if you're struggling please don't hesitate to call Nurse on Call on 1300 606024 or Beyond Blue on 1300 22 4636 or get in touch with your local doctor.
You are not alone with lockdown blues. Even calling a friend or loved one and hearing their voice can make a huge difference in enhancing our mental health.



Book Reviews

**By Turn The Page Bookstore,
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Phone 59521444**

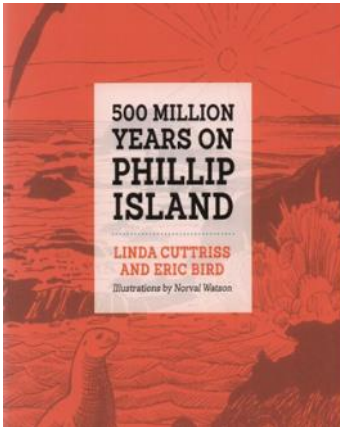
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**500 Million Years on
Phillip Island by Linda
Cuttriss and Eric Bird
RRP \$22.50**

This fascinating natural history of Phillip Island spans 500 million years and travels along the majestic coastlines and bluffs, tracking changes still occurring today.

Glimpses of the First People's lives on the island they call Millowl, the arrival of European explorers, sealers and firsthand accounts of the McHaffie pastoralist family are woven into a rich narrative. See how generations of farmers, townsfolk and tourists have impacted and radically changed the landscape and discover how people can work together to nurture, protect and restore the landscape in this revised edition.

In the 25 years since Linda Cuttriss and Eric Bird first published this guide, there has been much to celebrate as concern for this breathtaking island has turned a story of loss into a tale of restoration and renewal for the next generations.



**The World's Most
Pointless Animals
by Philip Bunting
RRP \$26.99
I LOVE this one!**

We share our planet with some truly weird and wonderful creatures, from blobfish to pink fairy armadillos, who all (let's be honest) seem pretty pointless. But what do these creatures actually do?!

A witty, quirky, colourfully-illustrated book featuring some very silly animals. With a humorous, sardonic tone throughout, it contains funny labelled diagrams and some excellent made-up Latin names (n.b. the jellyfish's scientific name is not actually wibblious wobblious ouchii...) but, importantly, it conveys genuinely fascinating facts about these animals, who are perhaps not so pointless after all.

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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

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

Phillip Island Lions Club - Steptoos Emporium - Outdoor Trash and Treasure market every Sat and Sun 9.30 - 12.30pm. Dunsmore Rd, Cowes. (Next to Transfer station.) Ph. 59002896 or email - 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 Girls and volunteers both welcome. Girls aged 7-14 on Tuesdays 7-8pm. Contact Emma Hadrian 0432 349335 or email: emma.hadrian@guidesvic.org.au

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. Phone 5900 2921 or 0431 867058 for more information.

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 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 probus-sanremo@gmail.com

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

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.

IAA Island Astronomy Association Inc. Our Club meets on the second Monday night of each month at 7.15 start. New members are very welcome. To find out more details please contact Eden White edendwhite74@gmail.com

Island Voice Meets last Wed of the month 5.30- 7pm PIRSL New members welcome Contact Sec.Linda Marston 0428 344 726

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

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, Ryhill 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 work in the front of house sales area, particularly on weekends. Contact Julie on 5956 6400 if you are interested in joining our fantastic team.

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

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

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

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 us via email: phillipislandadultridingclub.com.au

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

Phillip Island-San Remo-Bass Coast Vegan Community Sharing and promoting what's vegan & plant based. Everyone welcome. 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 Medical and Health Action Group PIMHAG Meets the second last Thursday of the month 5pm-6.30pm PIRSL New members welcome Contact Sec Linda Marston 0428 344 726

Phillip Island Day View Club proudly supporting The Smith Family. Feb-Dec - 4th Monday of the month at 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. Ph 56785558.

Phillip Island Patchworkers We meet Monday Nights at 7.30 p.m. The first, second and last Tuesday of the month at 10.30 a.m. also first and third Friday of the month at 10.00 a.m. and Corinella Crafties second and fourth Wednesday of the month 10.30 a.m. For more information please contact Gayle Rowden 0400634282 or Lyn Arnold 0429481875.

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@boomerangbagspisr.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. New members welcome.

SES San Remo Unit trains every Thursday at 6:30 pm at 14 Davis Point Road, San Remo. Come and meet our friendly group, see what we do. We have a role for everyone. For information email sanremo@ses.vic.gov.au

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

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 Robyn Holman 0429 700 492.

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 – Wendy 0417 245 692.

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

Ibis Writers is a group of local writers who meet once a month to support and encourage one another, share writing opportunities and offer each other feedback on work in progress. All writers, beginners or experienced, poetry, fiction or non-fiction, are welcome to join. Contact Lorrie Read 0425 858 067 or Ian Robinson 0407 240 024 for more information, meeting dates, etc

Vintage Veterans Band at the National Vietnam Veterans Museum Sundays from 12pm – 4pm

Come and enjoy a relaxed afternoon listening to great country music at the National Vietnam Veterans Museum. The Vintage Veterans perform each Sunday from 12pm – 4pm in the Nui Dat Café, 25 Veterans Drive Newhaven.

The band has performed in the Inverloch Jazz Festival, at Kernot Store and other local venues. Band member, John Cartwright, was a member of the original 'Playboys' group playing with Normie Rowe and is currently the 'drive time' host for local radio station 3MFM.

The band members are Jeff Cullen [Guitar & Vocals]; John Cartwright [Bass & Vocals]; Ross Owen [Harmonica] and Colin Whiteroad [Peddle Steel & Vocals]. There is no charge to come along and listen to them play. Great coffee, light lunches, savoury and sweet treats are available from the café.

Current restrictions apply as per Covid-19 regulations. For details, call us on 03 5956 6400 between 10am and 5pm.

PETstock Cowes: A mecca for all your pets' needs

Whether you have a dog, cat, rabbit, guinea pig or fish, PETstock Cowes offer a range of in-store services to keep your pet comfortable, healthy and safe.

To make bath time easy, the store has inside and outside DIY Dog Wash bays with shampoo, conditioner, flea wash and a hair dryer provided.

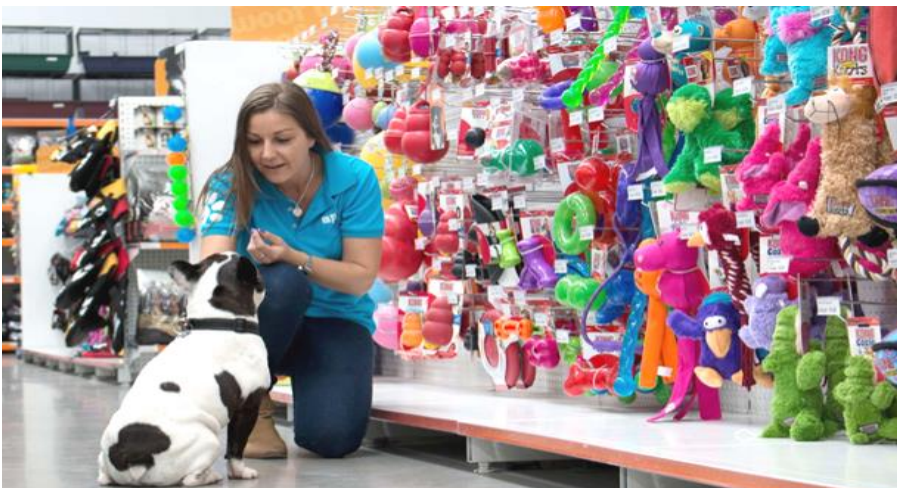
If you prefer to leave it to the professionals, they also have qualified groomers on hand to look after your dog from top to tail. The grooming service covers parasite control, bathing and drying, brushing and combing, nail clipping, hair clipping, and ear cleaning.

PETstock Cowes' Store Manager, Elisha Endres, says that no matter what breed your dog is or coat type they have, they all need to be groomed regularly to be at their best.

"Consistent grooming, every six to eight weeks, not only improves your dog's appearance, but also helps to keep their skin and coat healthy," says Elisha.

If your pet's ID tag has faded or fallen off its collar, it's important to replace it as soon as possible. The team at PETstock can engrave and personalise tags in-store, ensuring that your pet remains stylish and has a better chance of getting home if they're ever lost.

PETstock Cowes also offers free water tests if you're setting up or maintaining an aquarium to ensure all water parameters are at a safe level for your fish to thrive. "There's no need to make an appointment - simply scoop some water from your aquarium into a clean, air tight container and bring it in-store," says Elisha.



PUZZLE SOLUTIONS

ANSWERS TO TRIVA QUESTIONS 1. Perth 2. Strip 3. Manitoba 4. Cat 5. Amity 6. Cooper 7. Whale Shark 8. Bangladesh 9. Rachel Hunter 10. Odour 11. Floe 12. Bamboo

Solution To Whodunit Mystery- Cryptic Clue -Suicide or Murder

Leroy picked up the suicide note and pointed out two words. "It says 'little brother' here. But it should say "big brother. Peter was older than Tony. Right?"

"Yes." Inspector Flint studied the note again. "That's weird."

"Well, what if Peter didn't kill Tony? What if it was just the opposite? What if Tony was planning to kill Peter? He writes a suicide note, trying to mimic Peter's handwriting. Then he leans out the window and unscrews the safety bars.

He's getting ready for when Peter comes home from work. But Tony loses his balance and falls. An accident. Tony is not only the victim—he's also the killer."

"What about the evidence?" Flint protested. "Peter's prints on the screwdriver?"

"A household screwdriver. Both of them used it. They both had million-dollar insurance policies. And if you're planning to kill your brother, you'd probably be moody and distracted, too."

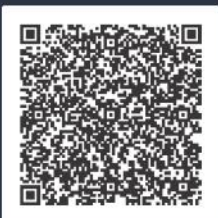
"It makes sense," Flint said reluctantly. I guess we were looking at the wrong brother." He turned to his now cold hot chocolate and decided to order another. Q.E.D



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

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