

Free

# PHILLIP ISLAND VIBE

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Welcome to the October edition. Here at the Vibe, we like most small businesses, continue to ride the Corona wave but are grateful every day for the continued support we have received from advertisers, distributors and readers in our local region so a big thanks to you all. Thanks also to @phillip\_island\_images for our front page photo of this lovely local lady who is a Churchill Island resident.

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## PHILLIP ISLAND SENIORS CLUB MONTHLY UPDATE

By Liza Lee

October marks midway through coming out of lockdown completely, in accordance with our premier Dan Andrews and the national roadmap to opening up fully. Let's all get vaccinated as soon as we can so we can enjoy our freedoms to the fullest. I acknowledge a lot of our members have happily been vaccinated but our members are of an age where they know the benefits of being vaccinated, so as not to get too sick if unfortunately conflicted with covid... and thankfully none of our members have been affected.

With the above plan from the government, if all goes ahead then we will all be able to catch up with family and friends and more importantly celebrate Christmas with those we love dearly.

At the time writing this article, I can report that the Phillip Island (Seniors) Club will be able to reopen for our Christmas lunch on 3rd December 2021. If all things go to plan, we will be able to have full capacity at this lunch. Bookings can be made anytime from now until the last week in November on 5900 2921 or call Liza on 0431 867 058. Also for our Christmas lunch, and for next year at least at this stage, you will need to bring and show us proof of your vaccination for Covid-19. This is in accordance with Victoria's plan to reopen. I can say with certainty that our committee are all vaccinated because we care about our members.

Our committee are still working hard behind the scenes to continue to make our club better for all our beautiful members. Diane has been very busy working on the garage sale room with lots of exciting new things for sale. We will be holding our annual garage sale on Saturday October 30th from 9am-6pm at 6 Lions Court, Cowes. Come along and check out our world famous sausage sizzle and grab a bargain.

Look forward to seeing you again soon.



*Phillip Island Seniors Club Secretary Liza Lee (left) with lifetime member and committee member, Marlene Droscher.*

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## DOLLARS AND SENSE BY DAVID WELLS

### Financial Advice for my Daughter

I was asked recently to provide some financial advice to a newly widowed lady who was struggling to understand the family financial situation. This 43-year-old woman had left all major financial decisions to her husband. She was aware he had bought and sold some shares but did not know what or where to look as he had done online trading. She thought that their business had been set up with super and insurance, but it had not. She thought the mortgage was up to date and that they had a large drawdown capacity, but he had, without consulting her, drawn down already on the mortgage to support the business. The house mortgage was in his name only, as was the business. This lady is well educated and works part time in a responsible position, but when her husband died her financial world crumbled.

This tragic and complex situation is unfortunately not uncommon! Financial advisors, solicitors and accountants come across this situation far too often. Sometimes it is financial abuse, but often, it is as simple as handing over of responsibility by one partner to another without recognising the possible ramifications. It happens with partners, and it happens with children who are grown up and take responsibility for parents' finances. More often than not it is the woman who is placed in this situation although the reverse does happen. Some years ago I wrote "A letter for my Daughter"; this recent situation prompts me to repeat the salient points from that article.

Dear Daughter, Now that you're of an age to start work and go out into the world, I'd like to give you this advice regarding your money, your income and your savings and investments.

The first point is that it's your money, no-one else's and it's yours to make decisions as you see fit.

The second point is that you will make mistakes from time to time - we all do, some larger than others. You will need to plan for your future. We all need guides and road maps and a financial plan is just that - a guide. It can be simple or complex, but it must include and cater for everything you may want to do.

The trick to being better off after your working life is to embrace superannuation wholeheartedly. Unless you become a wildly successful entrepreneur, this is the best way to prepare for your

retirement. From your first pay day contribute an extra 5% of your pay into superannuation. You won't miss it if you never had it, and if you take time away from work (likely) to start a family you will need the extra to make up for the shortfall while you're not working.

Women consistently have less superannuation with which to retire than men because mostly they lose out while raising children. If you aren't working, remember, your partner can split super contributions to help you, and there is such a thing as low-income co-contributions that you can access in some cases.

While we're about families, if you marry or have a life partner, remember it's your money, so take an interest in what happens with it, and to it. You may have a joint bank account but be involved in managing it. Never let your partner keep you in the dark about the family finances, and never accept their word that "things are fine" without seeing the real numbers. Apart from personal allowances that are mutually agreed, help make every decision and make sure the payments are made. As an aside, from experience, women usually make better money managers than men. Remember also that women on average, have a longer life expectancy than men so if you marry a man older than you there is a very good chance that you will have quite a few years of widowhood ahead of you. That is not the time to be learning about money, finances and investments. I have been advising people for decades and I'm still learning. Keep involved. Saving (as for a house deposit) is not investing. Saving will never make you money, as the interest paid rarely if ever covers inflation and tax. Investing on the other hand, using, say, shares will in the long run give you a better return. There are many ways to invest, but please use expert advice from someone who you can trust. You won't know who to trust at first, so speak with more than one adviser and keep looking for an adviser who has empathy, and more important, qualifications in the area you want. This may not be the same as your partner's adviser - that doesn't matter, it's your money, after all. Suggestions you may hear at the coffee machine are not advice at all.

Learn and consult. Ask for recommendations to be explained in plain language. Keep asking "Why?" The more you know, the more you'll be able to succeed, whatever your aims, and the more you will be able to identify those who would be charlatans. Life will not be fair at times. There's no law that says it has to be fair. But if you concentrate on what is good for you and your family and maintain an active management role, then you will get through the hard

bits in much better shape than otherwise. It does take discipline, and your partner may at times be jealous or disapprove, but it is your money too. Yes, manage it in partnership, but make sure it's a partnership in which you are a genuine equal. In every sense, not just in the housekeeping!

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

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# CRYPTO ISLAND



Welcome to our new regular column where we will talk all things Cryptocurrency

This column aims to provide information that is designed purely to educate readers. It is not designed to provide financial or taxation advice. Readers are encouraged to do their own research and form their own conclusions about the opportunities and risks. In very simple terms investors have the opportunity to invest in a new type of internet.

## The Hot Topic of the Century

Cryptocurrency is a subject that attracts disdain, intrigue and hysteria. It is the fastest growing asset class in the world, and it is the most disruptive technology that the world has ever seen.

**It is invisible, unregulated and volatile.**

The word cryptocurrency is misleading because while some of the many thousands of available investments look and feel like a currency (such as Bitcoin) there are others that are a platform that support the development of digital applications (such as Ethereum). Collectively the Australian Taxation Office has decided that cryptocurrency is not a currency. It is an asset. Many early investors have made a fortune investing in cryptocurrency opportunities, and this in turn has attracted a growing number of people who base their decisions on fear or greed.

On the 7th of September 2021 Bitcoin became recognised as legal tender in El Salvador, and the total market capitalisation of the cryptocurrency markets exceeded 2.5 trillion US dollars. New developments emerge every day, and more and more people are keen to gain a basic understanding of the opportunities and the risks.

Some topics that will be covered in our column in coming months include: Understanding the Technology, The History of Crypto, Recent Developments, Crypto is the Latest Revolution - but what has gone before?, The History of Money, The Latest Developments in Regulation of the Industry, The Taxation Implications, Cyber Security, Why you may need to change your Will, Alternative Ways to Gaining Exposure to Crypto via the Stock Exchange, Is Crypto a suitable Superannuation Investment?

## Did You Know?

A recent survey published by BATC Markets reported that the highest age groups that invest in a cryptocurrency in Australia are:

|     |               |     |               |
|-----|---------------|-----|---------------|
| 69% | 25 – 44 years | 18% | 45 – 59 years |
| 8%  | 18 – 24 years | 3%  | 60 – 65 years |
| 2%  | 65+ years     |     |               |

The percentage breakdown by gender was 77% males and 23% females.

Did you know that there is at least one retail business on Phillip Island that accepts Bitcoin as an alternative to cash.

## ABOUT THE AUTHOR

*Owen Weeks, director & registered tax agent, Lifestyle Matters Pty Ltd, FIPA, Hon FASFA, and author of 'Invisible Investing - Taking the mystery out of cryptocurrency investing.' which is available on Amazon eBooks.*

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# Book Reviews

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**By Yotam Ottolenghi**

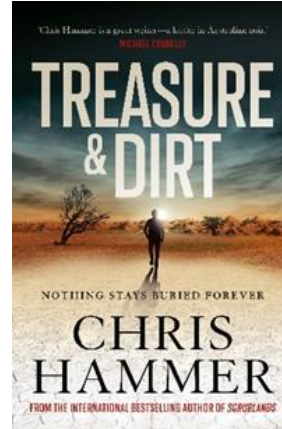
**RRP \$49.99**

**Our price \$44.99**

This is Ottolenghi, unplugged. The Ottolenghi Test Kitchen team takes you on a journey through your kitchen cupboards, creating inspired recipes using humble ingredients. Relaxed, flexible home cooking from Yotam Ottolenghi and his super team.

Whether they're conjuring up new recipes or cooking for themselves at home, the Ottolenghi Test Kitchen team do what we all do- they raid their kitchens. But then, they turn whatever they find into approachable creations with an 'Ottolenghi' twist. This instinct is in perfect sync with recent times, when we've all been standing in front of our kitchen shelves, our cupboards and our fridges, wondering what to cook with what we've got; how to put a can of chickpeas or a bag of frozen peas to good use, instead of taking an extra trip to the shops.

These dishes pack all the punch and edge we expect from Ottolenghi, but offer more flexibility to make them our own, using what we've got to hand. This book is all about feeding ourselves and our families with less stress and less fuss, but with all the 'wow' of an Ottolenghi meal. It's a notebook to scribble on and add to, to take its ethos and absolutely make it your own.



**Treasure & Dirt**

**By Chris Hammer**

**RRP \$32.99**

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In the desolate outback town of Finnigans Gap, police struggle to maintain law and order. Thieves pillage opal mines, religious fanatics recruit vulnerable young people and billionaires do as they please. Then an opal miner is found crucified and left to rot down his mine. Sydney homicide detective Ivan Lucic is sent to investigate, assisted by inexperienced young investigator Nell Buchanan.

But Finnigans Gap has already ended one police career and damaged others, and soon both officers face damning allegations and internal investigations. Have Ivan and Nell been set up and, if so, by whom? As time runs out, their only chance at redemption is to find the killer. But the more secrets they uncover, the more harrowing the mystery becomes, as events from years ago take on a startling new significance.

For in Finnigans Gap, opals, bodies and secrets don't stay buried forever.



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### Make the most of what freedoms we do have

I know many of us may be feeling pretty trapped at the moment for a range of different reasons and that is ok and completely normal given the current climate we find ourselves in. The fact is though we're not entirely trapped. Contrary to some opinion, we are not in a prison cell or war zone, we are simply restricted and we need to keep reminding ourselves of this. Whether you're in Melbourne or regional Victoria you have varying levels of freedom and we need to make sure we are making the most of what we do have.

Being a local Phillip Island resident, I have a lot more freedom than many of my family and friends in other locations and I am grateful for this and doing my best to make the most of it. Just this past weekend in a 24-hour period, with a best friend in tow, I went exploring beautiful Fish Creek, Foster, Meeniyan and Harmers Haven. All areas visited included some form of outdoor exercise. We went for a massive 26km bike ride, we hiked, walked and swam, all the while soaking up plenty of Vitamin D, magnesium and melatonin as well as triggering a healthy surge of happy endorphins.

All we are seeing in the media at the moment is – 'case numbers today, percentage of people vaccinated, deaths, travel restrictions' etc. etc. It is all-consuming and exhausting for everyone.

How about rather than obsessing over these facts that mainstream media choose to report, we shift our focus to how can I get through this? What do I know works for me? What is right for me? And let everything else just be. Don't worry about what your neighbour, sister or best

friend is doing or thinking. All that matters is what matters for you. Be true to yourself and allow others to be true to themselves. Be kind, respect yourself and others, and let what will be, be. We cannot control what will happen tomorrow, but what we can control is how we choose to take on what freedoms are on offer today and using those freedoms to our individual advantage.

So, I implore you to step outside as much as you can, breathe in the fresh air, move your body, smile, laugh and let go of your tensions and stresses, be true to yourself and find your way through this in the most positive light available to you – to ensure you are receiving benefits from physical wellbeing and also mental wellbeing – both critical regardless of whether you will have to face Covid or any other difficulty. Remember to reach out to friends, family and professionals.

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## SHORT-TAILED SHEARWATERS RETURN ON TIME AFTER LAST YEAR'S BUMPER BREEDING SEASON

Almost 1.5 million Short-tailed shearwaters have begun arriving at Phillip Island for their annual breeding season, after a 16,000-kilometre journey, as new analysis sheds light on the possible impact of climate change on the migratory birds.

In the 2019/20 breeding season, the birds, which always arrive in late September, did not arrive until October and some even as late as November – a delay never seen before by local researchers.

Location tracking data has now been analysed and solved the mystery of where hundreds of thousands of Short-tailed shearwaters spent several weeks before making a late return to the Island. Scientists have now visually mapped the birds' flight path, showing their epic journey to find food and return to breed.

Geolocators were recovered from 20 birds when they returned to Phillip Island, and the tracking data showed that instead of heading south back toward the Phillip Island colony as they normally would, those birds instead turned north and spent a few weeks in the Arctic Circle first.

Phillip Island Nature Parks Deputy Research Director Dr Duncan Sutherland said the changes they are seeing in bird migration could well be caused by climate change.

"We are seeing significant changes in the sea temperature and extent of sea ice in the northern Bering and Chukchi Seas, near Alaska. These are changes driven by climate change," said Dr Sutherland.

"While the 2019/20 breeding season did return to normal after their delayed arrival, and the birds resumed their strict schedule, we were concerned by the unexplained delay."

"In seasons to come climate change could see shearwaters pushed further north looking for food in colder, more productive waters, and further delaying their return to breed, with the possibility of missing the breeding window." Shearwaters run on a tight breeding schedule and only lay one egg each season, so any delay can impact the colony's population.

Longer-term research will help to answer why the birds were delayed and if it will happen more frequently, but researchers have found the delay likely relates to their search for food to fuel up for the 16,000km journey home.

"We don't have all the answers yet, but we do know that the birds are always looking for the most productive waters so they may have had to go further north to find enough food," said Dr Sutherland.

"The waters around Alaska have been getting warmer, while at the same time the sea ice around the North Pole is receding so the birds can access those waters more than ever."

The 2020/21 breeding season is the best recorded since monitoring began in 2010. Of the 180 nesting boxes monitored each year, 116 chicks made it to fledgling stage – compared to 72 last year, 54 in 2018/19 and 96 in 2017/18. Many of the fledgling birds will remain in northern waters for their first couple of winters, and only arrive back on Phillip Island when they are a couple of years old. Researchers hope the returning birds will have another bumper breeding season.

Short-tailed shearwaters, known as biyadin to the island's Traditional Owners, are a culturally significant species to the Bunurong, who have lived alongside these birds for many thousands of years as they care for Country. Local residents on Phillip Island are encouraged to play their part in protecting these birds and their habitat by ensuring they remain on walking tracks in areas where the shearwaters breed, so as not to disturb or destroy the burrows. Keeping cats indoors at night, and keeping dogs on leads will also go a long way to minimising the threat to these amazing migratory birds. The research was undertaken in partnership between Phillip Island Nature Parks and the Victorian Ornithological Research Group.





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

### ONE SHOT AT THE CROWN

*"I used to be a heavy gambler. But now I just make mental bets. That's how I lost my mind." - Steve Allen*

Leroy, famed amateur sleuth, pushed his way through the crowded hotel lobby of the Crown in Melbourne and into an elevator. On the tenth floor he found a forensics crew already at work.

"What have we got here?" he asked his mate, Inspector Jack Flint. The Chief Inspector of Melbourne's Homicide branch had called for Phillip Island's famed investigator to assist.

"Victim is one Tony Capo," Flint said. "He and his wife and another couple are here for a week's vacation."

"I need names Jack."

"Wife's name is Bella. Other couple is Yuri and Cindy Frugel."

Leroy jotted the names into a small notebook. "Okay. Now, what happened?"

"The two couples were in the casino gambling. They had plans to eat at one of the city's most exclusive restaurants. Very classy place. Anyhow, Capo left the casino first to come up here to shower, shave, and dress. The others came up later. When they were dressed and ready to go out, Capo hadn't come out of his room yet. That's when Mr. Frugel came in here and found the body."

"Didn't Mrs. Capo see her husband when she came up here to dress?" Leroy asked.

"Mr. Capo was a snorer. His wife couldn't sleep in the same room with him - even at home. They had separate suites here, so she didn't know anything was wrong until Frugel told her."

Leroy shook his head. "How did Capo die?"

"He was shot with his own gun," Flint said. "According to my sources he takes it with him all the time for protection. He's a jeweller and often carries a lot of gems when he's working. I guess it worked against him this time. He was shot in the heart at close range. There was quite a bit of blood, as you'll soon see. The medical examiner says with that kind of wound Capo may have lived for ten or fifteen seconds, but not much longer."

Flint ushered Leroy into the bedroom of the late Tony Capo's hotel suite. Several policemen were combing the room for clues. One of them approached Flint.

"We found something interesting here. As you'll notice, this room has a fireplace. The hotel doesn't really expect the guests to use it, but it is a working fireplace. Someone did use this one, though, and not too long ago. We found this in it."

With that the officer held out an evidence bag in which he had gathered some samples of ashes. Leroy noticed the ashes had a peculiar texture-- it wasn't the type of ash left by wood or paper. In another evidence bag were seven melted pieces of plastic and metal. Along with them was a charred piece of metal that appeared to be some sort of clip.

"Have you searched this room completely?" Leroy asked.

"Yes. Here's what we found." Flint handed a list to the sleuth.

Leroy read, "Five undershirts, five pair of underpants, three pairs of brown socks, two pairs of blue socks, two blue dress shirts, three sport shirts, two pull-overs, six pair of slacks: two brown, two blue, and two black, along with a black belt, six ties - all in the current style and all different colours to match the shirts and slacks, two sport shirts - one brown and one

blue, a pair of brown shoes, one pair of walking shoes, an electric razor, pre-shave and after shave, a toothbrush and toothpaste, a pair of walking shorts, pyjamas, seven handkerchiefs."

"Is that it?" Leroy asked.

"We found the usual things on the body," Flint said. "You know, wallet, change, keys-- things like that. You ready to view the body now?"

"I think so," Leroy moved toward the bed.

Tony Capo's body lay on the floor near the bed. A fairly large man, he was face down with his right hand outstretched and his left hand tucked under him. A large pool of blood spread out from under the body. Capo was in his underwear and slippers. His right hand was coated with blood.

"Looks like he tried to wipe the blood off his hand before he died," Flint said with a frown. Then she turned her attention to Capo's bed. Neatly laid out on it were a pair of tuxedo pants, a tuxedo top, and a red cummerbund. Next to the pants was a pair of black socks. At the foot of the bed was a pair of black shoes. "Looks like he never did get dressed for that dinner," Leroy said. "I'd like to speak to the others in the party. Where are they?"

"Next door in the wife's suite," Flint said.

Leroy went to Mrs. Capo's suite where three people sat; all were pale and nervous. The woman who was introduced as Mrs. Bella Capo had obviously been crying. She wore a long yellow evening gown with shoes and purse to match. She was a short woman.

"I know what you're going to say," she sobbed. "You're going to say I shot Tony because I hated his philandering. But that's not true. So what if he had affairs? He loved only me."

Leroy's eyebrows went up at this remark and he turned to Yuri Frugel, a once-handsome man who was slowly showing the effects of his age. Frugel was dressed in a tuxedo, white shirt, and black bow tie.

"She's obviously upset," Frugel said of Mrs. Capo. "Tony really was devoted to her, even if he did fool around. We were partners, you know, and he confided in me."

"Partners?" Flint said. "Does this mean you'll take over the entire business now?"

"Well, yes, but..." Frugel began but never finished.

"And how about you?" Flint asked Cindy Frugel, a tall, graceful woman dressed in a red gown. "You're very beautiful, if I may be so bold. Were you one of Mr. Capo's affairs?"

"Good heavens, no!" Mrs. Frugel said. "Not that he didn't try. Oh, I'm sorry, Bella, but the truth is your husband did make several passes at me - but I never gave in, and nothing ever happened between us."

"If I have the details straight," Inspector Flint said, "Mr. Capo left your group to go to his room to prepare for dinner while you all stayed in the casino. Were you all together?"

"No," Yuri Frugel said. "I was playing blackjack."

"I was at the slot machines," Bella Capo said.

"And I was at the roulette wheel," Cindy Frugel said.

"I think one of you came to Mr. Capo's suite earlier than you claim," Leroy said. "You argued with him, lost your temper, and shot him with his own gun. And I think I know which of you it was. As soon as we have some evidence examined, I'm sure I can prove it." Flint looked at his friend and waited expectantly for his deductions.

**Well, readers of the Vibe, who shot Tony Capo?  
Was it Yuri or Cindy or Bella or someone else?  
Some help if needed can be found on page 22.**



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

It has been tough for all businesses but when you walk down the street you'll see that many of our shops are still open and trading. The main reason for this is because of the support the locals have shown. I hear it often from other businesses that while the bank account is as expected a little on the low side, the local support has allowed them to remain open and continue to employ a local worker which also helps out a local family get through this period. So thank you to all that continue to support all the local businesses. It will end and get back to some sort of normal one day and until then everybody will just be doing the best they can within the rules they are given.

Having only been allowed to open half of September, it's been pleasing to hear the amount of snapper around already. There have been excellent reports of captures, near misses and good soundings of both big snapper and good school sized ones. We have had a couple of genuine 20lb ones reported and several

in the 80cm range but also some very good table ones at just under 40cm.

The reports have been very inconsistent in where the fish are being caught which is not surprising as it is the same every year in the early season. They will settle and be a bit easier to find in the more common areas once the water temp settles and they settle into the bay. The best way to find and catch them this time of the year is don't dismiss anywhere, shallow, deep flats and channels. Put some time into your sounder and find the fish even if it means driving around for a while and once you find some, mark the spot. Travel back over it a couple of times to see if they are still there. While this doesn't guarantee you will catch them, what it will show is whether they are in the one spot eating or moving around. Then it's just a patience game and some well presented baits and good berley then if you are lucky you will be eating snapper for tea.

Whiting have been a little slow and hard to find but quality when you find them and reasonable numbers also. There haven't been too many tricks to them and the best spots have been the usual spots you would expect to catch whiting. Just lots of luck needed. Still no pippies and are some time off yet so squid strips, pilchard fillets and mussels have been the baits of choice. Don't forget the squid jig when fishing for whiting. They all live in the same areas and there is nothing better for catching your whiting than a fresh bit of calamari. Like the whiting, calamari have been slow and a little timid but perseverance for most has paid off for both the boats and the land. Baited jigs seem to be the better at the moment but that will change as the water warms and cleans up and the calamari become more aggressive.

A question we get asked often in the shop is "how can I catch a fish?" We have been trying and no success". If the answer was simple and we could guarantee it, I wouldn't write about it in a free magazine, but charge for that information. There is no simple answer and there can be many different reasons but ultimately fishing is not a science - it is one of the oldest forms of feeding the family and still as basic as it was in the cave man days. It's just been complicated by a thing called retail. When you come in and ask us that type of question we generally will start from you gear and work our way through what you are doing to see if we can help. There are a 100 things that could help your chances but one of the most important things is, how is everyone around you doing. I don't mean your mate who caught them in your spot yesterday but, especially on the jetties or beaches, is anybody else catching them by the bucketful? If the answer is no, very little is being caught then chances are you are doing nothing wrong at all. When you should really question what you are doing is when you are the only one not catching. Unsure of your gear or methods? Drop in and see us at the shop. Bring your gear with you and while we can't give you a guarantee, we will do what we can to improve your chances.

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# NATIONAL MENTAL HEALTH MONTH

Victorians have spent over 200 days in isolation over the last 18 months. It has never been more important for us to stay connected.

Anyone concerned about their mental health can call HeadtoHelp on 1800 595 212 or speak to a health professional.



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## Mixed Bruschetta



### WHAT YOU NEED:

- White Sourdough sliced and grilled
- Fig Jam or Fresh Figs
- Tomato sliced
- Parmesan
- Steamed Green Vegetables
- Fresh Olive Oil
- Prosciutto
- Basil sliced
- Pork Laredo (cured pork fat)

### WHAT TO DO:

Brush oil on slice of bread. Place or spread fig on bread. Place prosciutto on top and sprinkle with a little oil. Brush oil on slice of bread. Place tomato on bread and top with Laredo and basil and sprinkle with olive oil.

Brush slice of bread with olive oil. Top with greens and shave Parmesan over the top and sprinkle with oil.



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## **PHOTOGRAPHY – Using scale to enhance your photos**

### Phillip Island Camera Club “Making Photography Fun”

When we take a photo, for example of Pyramid Rock, it's difficult to tell how large it is.

Although we see the world in three dimensions, our camera doesn't. However, there are a few ways we can add depth and perspective to our photographs to give the illusion of a three-dimensional image.

One method of showing dimensionality is to include elements to give some idea of a sense of scale. Viewers can then make a connection between the elements in the photo to show the relationship between them. When a fisherman is photographed with one of their catch, we get a much better understanding of the size of the fish, compared to a fish alone in the photograph.

**Foreground Interest** - If you're creating a photo of a sea or landscape, think about whether your image has a sense of scale. For example, if you're capturing hills or mountains think about including something in the foreground such as trees or grass. This helps to add dimension to a photograph.

**Lines and Perspective** - Lines that run in parallel in your image will give the illusion that the focal point is moving away from the viewer. It will help provide visual cues that there is distance between the viewer and the subject.

**Comparison** - One of the best ways to create a sense of depth to your images is to include at least one or two easily recognisable elements – this enables the viewer to get some idea of the height and width of that object and then compare this with other elements in the image. For example, you could include a person in your photograph of Pyramid Rock or The Nobbies to enable the viewer to get an idea of the sizes of these natural features. Another example could be if you're photographing a hill; maybe include cows or horses that are closer to you, or perhaps include

a house or trees so viewers can get a sense of how big the hill is. When we use scale to improve our images, it helps us to understand how large and small our surroundings are. It helps us to enjoy the image, rather than making us try to figure out the size of various elements.

*Reference: Daily Photo Tips, 10 September, 2021.*

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/)

Or for more information on Phillip Island Camera Club phone Jenny on 0408 355130.



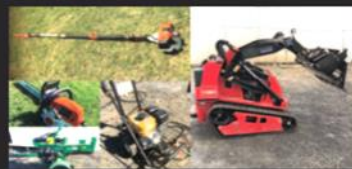
*Engrossed by Jenny Sierakowski (President of the Phillip Island Camera Club) gives the viewer a sense of the size of the rocks and surrounding landscape features because a person has been positioned in the foreground of the landscape.*



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## Hello dear fellow travellers

Well, it's been a while since I last communicated, primarily due to the fact that I have been exceptionally busy. Busy making bookings for clients within Australia. That may seem odd, however, Europe and the USA are operating as per normal. My clients tell me that airports are busy and people are adapting to their "new normal" lives. Many people are already planning their 2022 Aussie Getaway. And 2023 is already looking to be a busy year with International travel. Hopefully, when our vaccination rates are up to the approved levels, we will all be on our way overseas. I did mention how busy I have been over the past 6 – 8 weeks making holiday plans. But also, the last month has been spent undoing those plans with date changes, managing rules re credits, refunds etc., and becoming an expert on the RED, GREEN and ORANGE zones, along with permits and quarantine requirements. But I am remaining positive. There is no other way to view Travel Agency life in this environment. Keeping busy with training courses, updating my skills on new airline initiatives, vaccine passports etc. Internationally for 2022 and 2023, I am booking many ocean and river cruises, not only for clients with Credit vouchers, but also clients ready to commit. The need to have a holiday

or plan is very important for our mental health. I have many clients who want to be on the first flight out of Australia! I never realized how many of my clients have close family living overseas. Qantas announced that it is aiming to restart overseas flights from mid-December 2021 to COVID-safe destinations in line with vaccination rates. This is likely to include Singapore, the United States, Japan, the United Kingdom, Canada and Fiji.

So if you are planning to travel here are a few tips to keep in mind:

1. Vaccinations – Will be critical for travel
2. Passports – The Passport Office is predicting huge delays later in the year – make sure yours is up-to-date.
3. Supply – Many people from other countries are already booking holidays for 2022 & 23, so book early or you may miss out on your favourite tour, cabin or itinerary.

Ready to book or looking for more information? Feel free to call or email 0411853070 kerrinp@travelmanagers.com.au



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## Healthy and Healing with Pip

### When the ground is shaking beneath us ...

On September 22nd our Mother Earth decided to rock Victoria with a 5.9 tremor and it made us all say ... seriously ... what else? We've already been feeling unstable, uncertain and off-kilter with the pandemic and now an EARTHQUAKE?! I mean ... come on!! After the initial shock of this event, I wondered ... earthquakes could be viewed as purely physical and random, but I began to consider the metaphysical and energetic implications of the ground shaking beneath us.

Our seemingly solid foundation of health, family, and economy is being shaken up. A lot of us are generally feeling anxious, stressed, and un-grounded.

We are looking for ways to regain our balance and restore peace.

The University of Sydney says "Grounding techniques are useful for settling ourselves when we're feeling overwhelmed. If you find yourself stuck with a strong emotion, these simple and powerful techniques take just a few minutes and can be practiced at any time. They can help you to feel anchored in the present and restore balance in your body and mind."

(Reference: <https://www.sydney.edu.au/content/dam/students/documents/counselling-and-mental-health-support/grounding-techniques.pdf>)

Grounding skills can be divided into two specific approaches: Sensory Awareness and Cognitive Awareness and Cognitive Awareness grounding exercises.

Sensory Awareness grounding exercises are about filling your awareness with the sensory experience. You might like to try these tips:

- Keep your eyes open, look around the room, notice your surroundings, notice details.
- Hold a pillow, stuffed animal, or a ball.
- Place a cool cloth on your face or hold something cool, such as a drink can.
- Listen to soothing music.
- Put your feet firmly on the ground.
- FOCUS on someone's voice or a neutral conversation.
- Name one good thing about yourself.

Cognitive Awareness grounding exercises re-orient yourself in place and time by asking yourself some, or all of these questions:

1. Where am I?
2. What is today?
3. What is the date?
4. What is the month?
5. What is the year?
6. How old am I?
7. What season is it?

The key here is to COME BACK INTO YOUR BODY in the present moment.

For centuries, yoga and meditation teachers have reminded us to notice your breath. Take a deep breath and as you exhale,

imagine breathing out strongly through the soles of your feet. Feel the connection of your feet with the floor. Do this three times.

Be HERE now. Be in THIS moment. Be in YOUR body. Just BE.

Another great way is to keep a special item in your pocket (such as a stone or crystal) and hold the item. Bring your attention to the sensation of the item in your hand, including its weight and texture. I like to wear a small crystal angel on a necklace when I'm feeling worried.

Usually, when we are spinning into "anxious-land" we are focusing on the future. You may find yourself playing the "scaring myself what if game" in your mind.

What if I get sick?

What if I lose my job?

What if he says that?

What if? ... what if? ... what if? ...

Our minds are powerful when we set our whole focus on an outcome.

And we let our minds run away from us sometimes. I know I do.

It helps to talk to another person, connect and allow that outside perspective to shift you.

If you are struggling to re-balance and re-set yourself (and you don't have anyone you trust in your family or friends), it might be time to reach out to a counsellor or coach to help you come back to the present moment and reframe your mind.

You are allowed to ask for help. You deserve to be taken care of. You are worthy of peace and joy.

This is your permission slip. I'm here if you're ready to shift.

A couple of notes:

Don't let money be an obstacle.

\* You could contact either Lifeline or Beyond Blue and anonymously speak to a counsellor.

\*Your GP can also give you a referral for 5 free sessions with a psychologist on a care plan.

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## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

### The Mystery of the Rev Dr Alexander Robb D.D. By Pamela Rothfield

Local historians scratch their heads in bewilderment as to why the celebrated and highly respected Presbyterian minister, Dr. Alexander Robb D.D. was interred in the Baptist section of the Phillip Island Cemetery on his death in 1901. Enquiries made to the archivists at the Presbyterian Theological College and Presbyteries and Synods stretching from Australia to Scotland have shed no light whatsoever on this strange occurrence.

So who exactly, was this Rev Dr Robb D.D. – and what in the world does D.D. stand for?

Alexander Robb was born in October 1824 in Fintray Aberdeen, Scotland, to parents William Robb and his wife Jane Bruce; he was their firstborn child. William was a carpenter permanently employed at Fintray House, the main mansion house of the parish. Alexander was one of seven children. Along with his siblings, he received his early education in the Fintray Parish School. Parish schools had a reputation for offering a solid grounding in basic education, including Latin and godliness. Despite the family having the advantage of William's permanent employment they were marginally better off than the poverty-stricken crofting communities. In order to help the family with planting, harvesting or other jobs necessary to put bread on the table, the Robb children were forced to occasionally absent themselves from their learning.

Scotland was also affected by the potato famine from the mid 1840s to the mid 1850s, although it was a less intense regional famine rather than a national catastrophe as experienced in Ireland. In October 1839, at the age of fourteen, Alexander left home for the city of Aberdeen and commenced a haberdashery apprenticeship. He lived in Shiprow, an historic street in the city near the harbour, which comprised many tenement buildings. Motivated by either his living conditions in Shiprow, the odour of the nearby fish

market or the calling of his church, Alexander gave up his apprenticeship and returned to his quiet village in Fintray. Here he re-commenced studying under the supervision of the Parish School teacher, with a view to gaining entrance to University.

Alexander had a brilliant mind and worked diligently. He secured the highest bursary at Kings College in Aberdeen, awarded for the best Latin Version, having beaten two hundred others competing for the award. He then embarked on a five-year Arts course, in which he gained the highest prizes in all his classes. Alexander had a natural gift for languages and graduated from Kings College in 1848 with a prize-winning Master of Arts.

By 1851 at the age of 26 he had entered the Theological Hall of the United Presbyterian Church in Aberdeen, where he supported himself by private tutoring. At the completion of this course, he was offered a position at Cambridge University in England, which he turned down to follow his calling as a Presbyterian missionary.

Alexander married Margaret Bruce in 1852, the daughter of a baker in Aberdeen. The following year he was ordained and he and Margaret left for Jamaica, where he undertook the pastorate of the Presbyterian Church in the capital Kingston. Margaret died in Jamaica before the couple had children.

In 1856 the Foreign Missionary Board saw Alexander as a promising young missionary gifted in linguistics. They recalled him from Jamaica and appointed him to Calabar, West Africa (now Nigeria) to train the ministry there.



*Rev Dr Alexander Robb and his bride Catherine Jameson.*

It was on his return to the missionary centre in Edinburgh, prior to his departure to West Africa, Alexander met Catherine Jameson, daughter of a missionary. In January 1858, Alexander and Catherine, who was only 19, married.

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The couple lived in Calabar, where Catherine remained for about three years, until after the birth of their second child. Alexander remained in Calabar working as a missionary for sixteen years.

He only saw his wife and children on his visits home to Scotland on furlough. From the age of about 23 Catherine had to be content with living a life separated from her husband, seeing him occasionally on leave, and rearing her seven children alone.

During his time in Calabar Alexander wrote a biography on his late father-in-law and learned the local Efik language. He also set about translating the Old Testament from the original Hebrew as required by the Foreign Missionary Board into the local Efik language.

Alexander's translation has been acknowledged as being 'beyond improvement'. After ten years, having finished the translation, the Board requested him to start a preachers' class, which he did.

By 1874 after suffering his thirteenth attack of fever, the Foreign Missionary Board of the Church recalled Alexander back to Scotland.

Whilst in Scotland, the degree of Doctor of Divinity was conferred on Alexander by the University of Aberdeen – giving Alexander the distinction of having the letters D.D. after his name.

In June 1876, the month before the birth of his youngest son, David, the Missionary Board wrote to Alexander and requested that he accept the call to undertake the establishment of a Native Ministry in Jamaica.

Catherine and the children remained in Scotland.

From writings held by the descendants of Alexander, it is clear that he 'gave himself heart and soul to his Jamaica mission' and had no desire 'to leave the sun again'. His granddaughter, the late Mary Karney, wrote, "His commitment to God, particularly on the mission field, never wavered. His faith as a Christian was expressed in all his letters, his work was paramount in his life – perhaps even ahead of his wife and family?"

In 1888, their eldest surviving son, Alex, at the age of 24 emigrated to Australia. Alex's decision to emigrate was fully supported by his father, who expressed his desire that he wanted to see the whole family also move there. He believed that 'for health's sake' the move was essential.

The following year Catherine and the remaining five of the children also sailed for Australia on board The Austral, arriving in Port Phillip in February 1889. They made their way to Geelong, where they settled temporarily.

Despite his work in Jamaica not being finished and his love for his native congregation, Alexander offered his resignation in a bid to assist the Mission Board, which was facing financial strain. To his surprise and disappointment, the Board accepted his offer.

Alexander left Jamaica in June 1889 and returned to Scotland to say goodbye to his mother and siblings. He arrived in Australia in September 1889 on board the Ormuz.

Only a few months after his arrival in Australia, Alexander was invited to Cowes to take services for six months only. According to his son, David Henry, Alexander was 'enchanted' with Phillip

Island. He and his family moved permanently to Phillip Island and Rev Robb remained in the position as minister of the Presbyterian church until his death more than ten years later.

The first service Rev Robb held on Phillip Island was under a gumtree, and soon thereafter he started collecting funds for the church building. Up until the church was built in 1895 services were held in the library hall. The first Presbyterian Church was completed by local builder Alex McLardy for the total sum of £ 129; the original wooden church building still exists today connected to the modern Uniting Church.

On a hot day in January 1901 Alexander was in the woodshed sawing wood for the stove when his wife, Catherine, called him for his tea at 6 o'clock. After receiving no response, she went looking for him. Sadly, she found him lying next to the saw bench, having suffered a heart attack.

She ran to a neighbour for help and they began applying cold water to his head and neck. He briefly opened his eyes and then closed them for the final time as the 'spirit fled'.

It is an unresolved mystery as to why Rev Dr Robb was buried in the Baptist Section of the Phillip Island Cemetery given his lifelong dedication to the Presbyterian ministry. His burial service was performed by the Presbyterian Minister, James Henry. Cemetery Trust records reveal that the Baptist section of the cemetery was established in 1895 after the Methodist section was divided in two. The Presbyterian section of the Cemetery had been consecrated from the Cemetery commencement back in 1870.

To add a further component to this conundrum, five years after Dr Robb's death, the then Presbyterian minister at Cowes, Rev David Milne was also interred in the Baptist Section of the Phillip Island Cemetery. Why? We still have no idea.



*Rev. Robb in later life*

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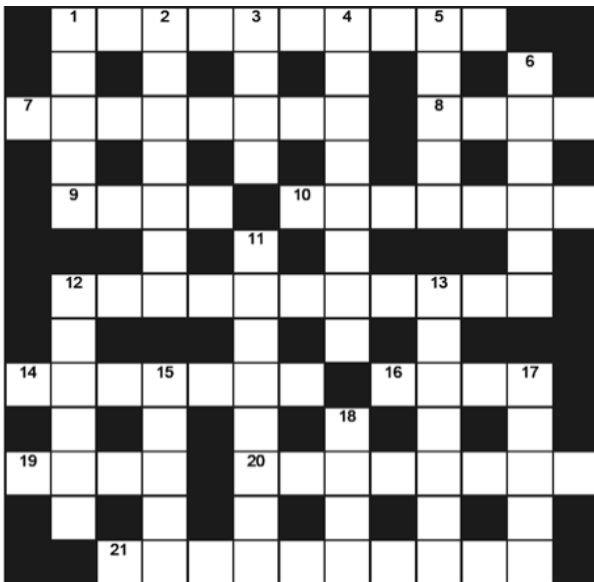
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# Brain Food

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



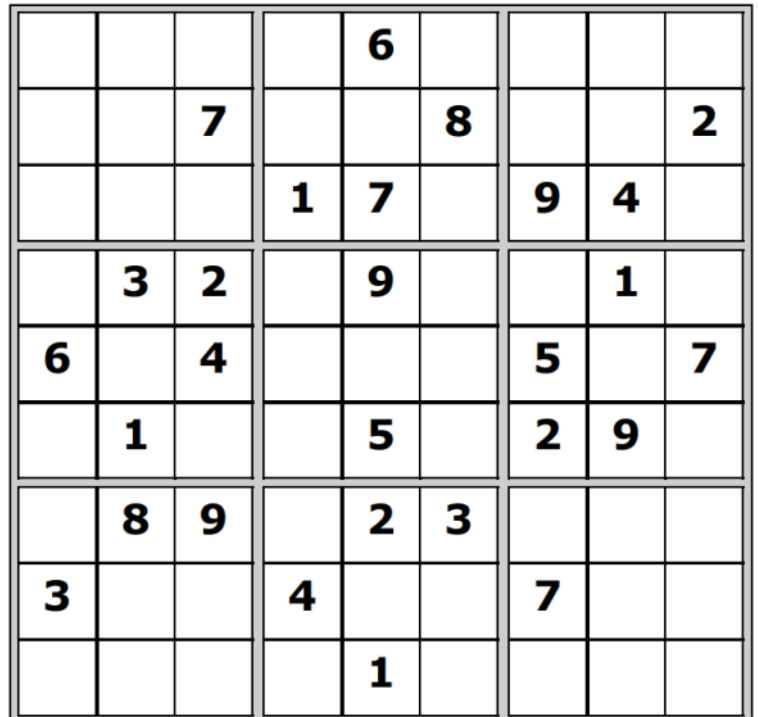
## Vibe Quick Crossword

| Across                    | Down                |
|---------------------------|---------------------|
| 1 Frightens (10)          | 1 Stern (5)         |
| 7 Elegant (8)             | 2 Accept (7)        |
| 8 Join (4)                | 3 Fools (4)         |
| 9 Amend (4)               | 4 Misleading (8)    |
| 10 Widely separated (7)   | 5 Impish (5)        |
| 12 Alleviated (11)        | 6 Rise (6)          |
| 14 Space (7)              | 11 Round (8)        |
| 16 Dry (4)                | 12 Lessens (6)      |
| 19 Assist (4)             | 13 Pushes (7)       |
| 20 Bestows abundantly (8) | 15 Greek letter (5) |
| 21 Condescends (10)       | 17 Lees (5)         |
|                           | 18 Furnace (4)      |

## TRIVIA QUIZ



1. Edith Cresson was the first woman prime minister of where?
2. Ancient Greeks buried their dead with feet pointing in which direction?
3. Which mountains separate Europe and Asia?
4. Who is known informally as Old Nick?
5. As dogs are canine, what are foxes?
6. According to the proverb, which animal should you take by the horns?
7. How many carats in pure gold?
8. In which continent is the Gobi desert?
9. Which bone is called the breastbone?
10. What is it impossible to do with your eyes open?
11. What is the largest member of the cat family?
12. Beirut is the capital of which country?



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

## Who Am I?

I was born on the 26th of July 1939.  
I was the fourth son.  
My parents got married in 1925.  
I grew up in Sydney.  
I suffered from hearing impairment in my youth.  
I attended a publicly funded state school.  
In my final year of school I took part in a radio show hosted by Jack Davey. I joined the Liberal Party in 1957.  
I married a Liberal Party member in 1971.  
I acted as a campaign manager in the 1963 federal election.  
In the 1974 federal election, I was successfully contested the Sydney suburban seat of Bennelong.  
I became Prime minister at the age of 56.  
I ended a record 13 year of Coalition opposition.  
I championed significant new restrictions on gun ownership following the Port Arthur massacre.  
I met George W Bush days before the September 11 terrorist attack.  
In January 2008, I signed with a prominent speaking agency called the Washington Speakers Bureau.  
I was nominated as a candidate for president of the international Cricket Council.  
My autobiography is called Lazarus Rising: A Personal & Political Autobiography.  
I am the 25th Prime Minister of Australia.  
I was the second longest serving Australian Prime Minister after Sir Robert Menzies.  
My first name begins with J. My second name begins with H.  
**Who am I?**





## Surf news by Ed Amorim @prosurfcoaching\_

**#MakeAWave** Great effort surfers. September has been marked by lots of things .... lockdown, protests, Taliban and earthquake, but in between all this chaos, lots of people around the planet, including our island surfers, challenged themselves to surf every day in September regardless of the conditions. Yes, a daily session solo or with friends for "Surf September Every Day" supporting the charity SurfAid. How often do you go surfing? Every day? Couple of times a week? Whatever the answer is, this September SurfAid was challenging you to surf every day for a month as part of their 'Make a Wave' challenge.

Not only will it improve your surf fitness but also help SurfAid raise funds in order to continue its crucial work helping to improve the lives of women and children in remote areas, connected to us through surfing, by providing access to healthcare, clean water and sanitation and improved nutrition. Last year alone SurfAid reached more than 52,000 people living next to the world's most remote waves who struggle to access basic services. Sadly, the World Bank estimated eight million people in Indonesia fell back into poverty in 2020 due to the economic shock of the pandemic. The Make A Wave challenge aims to raise \$100,000 to support SurfAid's programs in places like the Mentawai Islands where our support is needed more than ever. Billabong is proud to be the major sponsor for the campaign and their team riders including world champion Mark 'Occy' Occhilupo, fearless big wave charger Laura Enever and current WSL world tour competitor Isabella Nichols are already confirmed to take part.

Surfers have been supported throughout the challenge with fundraising tips and coaching and will document their daily surf activity through the hashtag #MakeAWave

**Welcome Back** Pro Surf Coaching Academy from Phillip Island is officially open again and in full force ready for the Pre Summer season. We have a great team of top coaches, new equipment, more techniques and infrastructure to better look after you, your family and friends. We can't wait to see you all back to SURF.

**Tour Around** Come and enjoy the parks with us. Pro Surf Coaching is proud to announce that we are now officially one of the tour operators in our region. Lots to visit around Phillip Island but also special places to be included too along the East Coast like Walkersville, Sandy Point and Wilson Prom. Just beautiful, peaceful and with a lot of waves to be surfed. Books now on 0490 406005.



**Work Opportunity** Pro Surf Coaching Academy in Phillip Island are looking for two new coaches to join our team. Please send your resume to [info@prosurfcoaching.com](mailto:info@prosurfcoaching.com) We looking forward to hearing from you.

**Popcorn please** Looking for a good movie to watch? We strongly recommend "Brasil do Surf" on You Tube. It's a true history of the Brazilian Storm campaign to get to the top of the surf world.

**World Surf Champions** The new world surf champions have just been crowned at an incredible final event in Trestle, California. Very cool, new format, dynamic and super intense. In the end well done to Brazilian Gabriel Medina and Hawaiian Clarissa Moure. Congratulations also to the incredible @filipetoledo @italoferreira @itsjust\_morgan and @connercoffin. Very special guys.

**Ladies Club Surf Program** A bit of action from our surfers at the Ladies Club Surf Program. Well done: Andrea, Lisa, Tanya, Leonie, Jane, Julie, Mandy, Rose, Vesna, Katie, Leah, Sharon, Kaile, Sam and lots of others PSC members also our top coaches Sally and Flo. This program brings together all ages and levels of female surfers that like to meet surf friends, progress with good skills, feel safe by understanding the ocean and have fun in a great environment. You can be part of this group every Wednesday and Friday at 10 am at Smiths Beach. Contact us for more details on 0499 0406005.

**Attitude is the first step** Our great history item today is about Dr. Julie, the scientist and mum of our grommets team members Dexter. She first came to watch her son having a lessons with us. Then one day we invited her to do a full session herself and it's all part of our history now. Julie turned in one of our good female surfers after a few weeks of commitment and training and she is super confident in the water and a member of a select group of ladies that surf every day.

We are now back in the water with our Surf Ladies Club Program at Smiths Beach. Everyone is welcome. The first step is sign up for a lesson and then experience the benefits of SURF in your life.

**Surf Comp Training Program** We are just about to restart our pre season program for young competitors for training and to progress their competition skills.

We back on in full force on October 6 with another 10 sessions per week of training for the under 16 young surfers. Let us know if you would like to be part of our new generation of surf champions.



**OPENING HOURS  
FOR MELBOURNE  
CUP LONG WEEKEND**

**Saturday 30th 9am - 4pm  
Sunday 31st 10am - 3pm  
Monday 1st 8.30am - 5pm (or sold out)  
Closed on Tuesday 2nd**

**24-26 Boys Home Rd, Newhaven Ph 5956 7980**



# 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. 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](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** 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](mailto: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](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)

**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.

**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](mailto: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](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 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](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 us via email: [phillipislandadultridingclub.com.au](mailto: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](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 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

**METRICON SHOWCASES DOUBLE STOREY DESIGN EXCELLENCE ACROSS BASS COAST**



Along the Bass Coast and surrounding areas a growing number of new home buyers are opting to build two storey homes to maximise the amount of space inside the home while also allowing them space in the backyard to create the all-important outdoor living area and still have plenty of lawn and garden. In line with this trend, Metricon has showcased its double storey design expertise in the region, with two unique and different two storey designs currently on display.

The Alto and the Merricks, displayed at Grantville and Cowes respectively, are the two double storey options on display for customers in the region, both offering something diverse for buyers looking to build a home that stands out on the street and realises their double storey living dream.

The Alto 30 displayed with Yale facade is a stunning and unique award-winning display home that presents reverse living at its best; with three bedrooms situated on the ground floor, the master suite, living and kitchen areas are located on the second level to provide the perfect layout for making the most of stunning coastal views. The generously sized balcony attached to the upstairs dining area makes the Alto an entertainer's dream, with large gatherings sure to be spectacular events with this remarkable double storey feature.

The Merricks 38MK2 displayed with a beautiful Jensen facade offers the perfect family design with its five bedrooms and two living areas, as well as a study. The second level of the Merricks display showcases the amazing potential of double storey living, with balconies connected to the impressive master suite at the rear of the home and the leisure room at the front of the home, providing two incredible viewing areas for the whole family to enjoy.

Metricon's Gippsland Regional Manager, Jeff Telford spoke about the stunning designs, saying, "A double storey design really stands out on the street and maximises the space on a block and with Regional Victoria coming out lockdown, now is the perfect time to see one of these amazing displays".

"The views along the Bass Coast are just too good not to make the most of, so by building that extra storey you can take full advantage of the picturesque scenery around your home".

"We're really fortunate to have two different double storey display homes in the region, they both offer something different and are both stunning designs".

"The design and display teams have done an amazing job to deliver these impressive homes, which have both proven to be very popular with customers in the area, with the Alto even winning an award at the Master Builders Association of Victoria awards night in July." Jeff concluded.

The Alto is located at 1 Walker Court, Grantville and the Merricks is located at 64 McKenzie Road, Cowes. To book an appointment at one of these display homes with a local New Home Advisor, or for more information about Metricon and its homes, visit [www.metricon.com.au](http://www.metricon.com.au) or call 1300 638 742.

**PUZZLE SOLUTIONS**

**ANSWERS TO TRIVA QUESTIONS** 1. France 2. East 3. Ural 4. The Devil 5. Vulpine 6. Bull 7. 24 8. Asia 9. Sternum 10. Sneeze 11. Tiger 12. Lebanon

**WHO AM I SOLUTION: JOHN HOWARD**

**WHODUNNIT SOLUTION - SPIN THE CROWN WHEEL**

Leroy explained to his mate Inspector Jack Flint and Melbourne's Chief Inspector, who was most impressed.

Jack, remember that the only person in the group in a tux was Yuri Frugel, so I deduced he was the killer. When he was shown the scene of the crime, Leroy realised something was missing. Tony Capo was preparing to go to a formal dinner, but nowhere in the room were the white dress shirt, bow tie, or studs he would need for his tuxedo. Then he remembered the smear on Capo's hand. Nothing in the room was found that indicated where he had wiped the hand. He realised that after he was shot, Capo must have clutched at his wound, getting his hand bloody. Then he wiped the hand on the closest thing he could-- his killer's clothing.

The killer certainly couldn't leave Capo's room with bloody clothes, so remember the ashes? -he removed the clothes, burned them in the fireplace, and put on Capo's shirt, tie, and studs.

The only person in the group in a tux was Yuri Frugel, so it is fair and certainly much more certain than a wager in the casino that Yuri is our killer. They nodded in respectful agreement.



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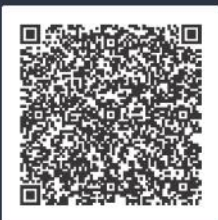
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