

Free

PHILLIP ISLAND VIBE

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A street parade on Saturday, November 3rd will be a feature of Phillip Island's 150th Anniversary celebrations. The parade is an island tradition with the last parade being held in 1988. It will commence at the Cowes Cultural Centre at 11.30am. More details about the 150th celebrations on pages 5 and 16.

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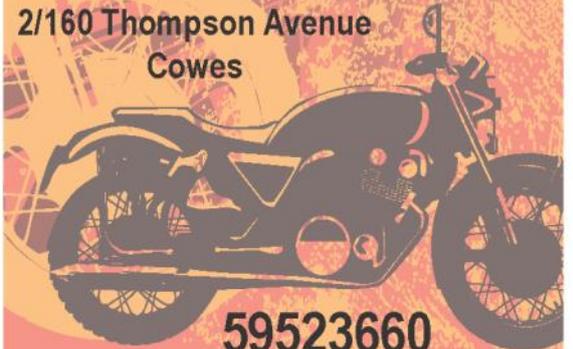
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Thurs 18 Oct	2:30-3:15pm	Classroom Story Time	Afternoon tea with the Principal and Head of Junior School
Thurs 25 Oct	2:30-3:15pm	Jump & Move Perceptual Motor Program/PE Session	Join in with or assist your child
Thurs 1 Nov	2:30-3:15pm	Creative Young Artists	Caring for your child and continuous learning feedback
Thurs 8 Nov	2:30-3:15pm	Meet the Orchestra Music & Drama Session	Parent involvement in school life.
Thurs 15 Nov	2:30-3:15pm	Love the Library	Literacy presentation by Linda Austin, Prep teacher
Thurs 22 Nov	2:30-3:15pm	Little Builders	Numeracy presentation by Rikki Porter, Prep teacher
Wed 28 Nov	9.10-9.50am	Come along to the Junior School Assembly	Join the parent gallery and see our students in action
Thur 29 Nov	11.00am	Meet your 2019 Year 6 Buddies	School Transition presentation with guest speaker Melinda Vander Reest from Walker Learning
Fri 7 Dec	9:30am-1pm	Orientation Day - Meet your classmates and teacher	School uniforms will be on display

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In Quietness and Confidence Shall Be Your Strength



A classic who-dunnit mystery series from our esteemed off-shore crime writer, Leon Herbert

THE LORD PHILLIP

It was a spring afternoon when the island's brilliant resident sleuth Leroy Cunningworth's sixth sense led him down Thompson Avenue, and then left into an alley. Quickly, he realized he was approaching the rear of his favourite restaurant, The Lord Phillip. "Good. As soon as I solve whatever bit of crime is waiting for me here, I'll make a reservation, maybe even invite his mate Inspector Jack Flint to join him.

Steak Port Phillip, medium rare, was just the best steak dish anywhere including Melbourne, Leroy mused, almost salivating at the thought. But when Leroy took in the scene in front of him, his heart fell. "No Lord Phillip tonight," he thought. For there in the alley, directly behind the restaurant's service door, lay the body of Henry Bull, owner and chef. The knife was still in his stomach, imbedded up to its hilt and surrounded by a wet patch of crimson.

Three men stood over the deceased. Leroy knew them all. "Afternoon, my good fellows."

"Mr. Cunningworth," they said in near-unison.

"I told you he'd show up," said one of them to the others. "He's famous for turning up at murder scenes."

Leroy nodded. "Did anyone touch the body?"

"No," said Garth, the headwaiter. "We were just coming to work. We all got here within a minute of each other and this is what we found. It looks like a mugging to me."

I called the police on my cell phone," said Hugo, the prep chef.

"They should be here any minute."

Leroy bent down to examine the body. "Did that knife come from the restaurant kitchen?"

"Why, yes," said the third man, bending over to see. Joshua was the bread and pastry chef—best in the village, in Leroy's opinion. "All our knives have those identical black handles."

"So, Henry Bull's assailant must have been in the kitchen before the attack."

"It looks that way," said Hugo. "I check the equipment every night before leaving. Last night that short paring knife was in the rack with the others. Whoever killed the boss must have been inside the restaurant today."

Garth frowned. "Or maybe Henry was inside and heard a noise out here. Maybe he grabbed a knife, came outside and caught a burglar trying to break in."

Leroy pulled a magnifying glass from his pocket and approached the kitchen door. He saw no signs of forced entry and no pick marks around the lock. "Did all of you get along with Mr. Bull?"

The three men exchanged glances.

"You're asking if one of us had a reason to kill him," said Joshua. "Maybe one of us did."

"Josh!" Garth seemed upset by the chef's lack of discretion. "Mr. Cunningworth, you have to understand. Restaurants all have a little thievery. Steaks disappear from the freezer; friends get free drinks at the bar. An owner expects that.

But Henry suspected some major stealing - grand larceny, according to him. Several employees have keys to The Lord Phillip, including each of us. Henry thought this thief might be coming in early and doctoring the books to cover up his crime."

"That's probably what happened," said Joshua. "Henry caught the thief in the act. They argued and fought and probably continued the fight out here." He paused as the sound of sirens grew in the distance.

"Yes," said Leroy. "I suppose you're right." He was no longer worried about the crime. That part had been easy. What he was worried about now were his future dinners. Would The Lord Phillip be able to survive without its owner—and without one of its key employees? He certainly hoped so.

Readers of the Vibe who are regular visitors to the Island's popular restaurant will be most concerned and upset.

Who killed Henry Bull? What pointed Leroy to the killer?

If you need some help solving this mystery, turn to page 22 for the answer.





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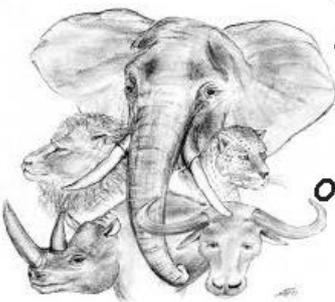
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The annual convention of African mole-rats is fortunately an event that never happens. If it did, there would probably be a lot of infighting and turf disputes. Even worse, the proceedings would be continually interrupted by the startling appearance of a naked East African stalker.

Though the different species of African mole-rats share similar lifestyles, they are as different from each other as politicians and honest men. To add to the confusion, nobody seems to be completely sure how many different species there actually are.

The naked mole-rat, and never did a name more succinctly describe its owner- lives in the sandy soils of East Africa, in communities modelled more on that of ants and termites than other mammals. A single breeding female, and two sexually active mates, hold sway over a huge colony that can number up to 300.

In stark contrast Cape Dune mole -rats keep their clothes on, are a lot bigger and live solitary and cantankerous lifestyles. They have been causing havoc with transport and agriculture in the soft coastal sands of South Africa's Western Cape since the days the Dutch explorer, Jan Van Riebeeck, set foot in Cape Town circa 1652. Jan in fact moaned about them in his journal.

Using their claw and for-feet, they are mighty earthmovers and miners. A single industrious individual can push up to 500 kilograms of soil each month into many large sand mounds, excavating and maintaining an exclusive burrow system for 200-300 metres.

Mole rats spend almost their entire lives living underground and are surprisingly well organised; excavating sleeping quarters and toilet areas although you don't want to visit as the aroma is toxic. They can beetle backwards and forwards just as fast. Their below the ground surface lifestyle protects them most of the time from most predators, save for those that can brave the smell and are keen subterranean divers.

These guys play an important role in helping to aerate the soil and overpopulation of certain animal and plant species. If you believe what they write at medical seminars they may also help to sort out some of our most pressing problems in cancer research and gerontology.



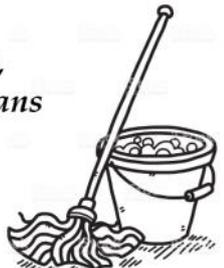
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Phillip Island's 150th to be celebrated in style



A float from a previous iconic street parade in Cowes

This year marks the 150th anniversary of farmland and town lot sales through a public ballot that occurred on Phillip Island in 1868.

Known as the sesquicentenary, the 150th milestone will be respectfully acknowledging the traditional custodians of the land, the Bunurong people and, through a series of key community events, encourage the whole Phillip Island community, both past and present to be involved.

To end the 2018 year and the significance this has to the Phillip Island community, the Phillip Island 150th Celebrations Planning Committee is staging two big weekends, full of community fun. Saturday, 3 November marks the re-birth of an old Island tradition, the Community Street Parade. The last parade was held back in 1988 and much like those from years before, community groups, individuals and street performers will dazzle the crowd on this popular weekend. The parade will be led by the Royal Australian Navy Band, with the Victorian Police Band will also be performing.

Commencing at the Cowes Cultural Centre at 11.30am, the procession will move down Thompson Avenue and finish along the Cowes foreshore where the Bendigo Community Bank will entertain you from 12.00pm to 4.00pm. Activities include music, food, community group exhibits, yachts, the famous duck race, face painters and much more.

The following Saturday, 10 November also marks another important weekend on the celebrations calendar.

Hosted by the Phillip Island and District Historical Society, the historical re-enactment of land sales will take place at the Cowes Town Square between 2.00pm and 4.00pm. See the sites from yesteryear and marvel over the historical clothing and formality of this significant milestone.

Wrapping this up is a finale to the celebrations and one not to miss – The Phillip Island 150th Gala Dinner. Supported by a host of community organisations, this major event will provide an opportunity to dress up and celebrate the way Islanders know how to. Tickets are limited and expected to sell out fast, \$120 per person all-inclusive and available online or through the Cowes Cultural Centre.



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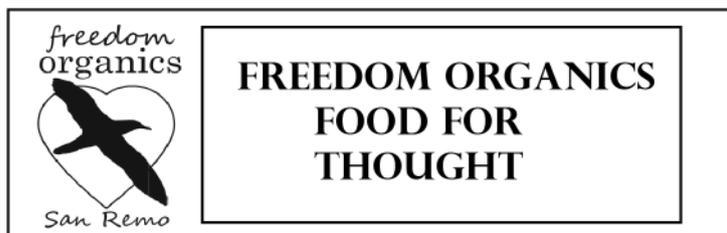
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CALENDULA FLOWERS: USEFUL AND BEAUTIFUL

Calendula is one of the most useful flowers. It's used as a companion plant, a fabric dye, a natural food colour and it's edible so can also be used in cakes, salads and is lovely as a garnish. It can be made into a cream, oil, gel, compress, tincture or tea; used in a bath or facial steam; eaten in stews; whipped into toothpastes or mixed into mouthwashes; and is gentle enough for babies and the elderly. It's also extremely healing for topical application. Calendula looks beautiful whether the flowers are in a pot or in a vase. Other healing benefits include its anti-inflammatory capabilities as linoleic acid is also found in high concentrations in Calendula. Its powerful anti-inflammatory properties make it a potent remedy for all kinds of inflammatory issues like diaper rash, dermatitis, ear infections, ulcers, sore throats and more. Ear drops containing calendula can be used to treat ear infections in children as well. Calendula can help prevent and relax muscle spasms. Drinking calendula tea may help induce the menstruation cycle, as well as ease painful PMS cramps. The large flavonoids presence helps relax muscles and blood flow. It can also even alleviate hot flushes. Calendula has become a popular additive in toothpastes and mouthwashes over the past years due to its powerful antibacterial and antimicrobial properties. It helps reduce gum inflammation as well as fight against gingivitis, cavities, plaque and more. It's also an astringent, which helps fight mouth bacteria and promote a healthy oral environment.

Calendula can also be used to improve skin firmness and hydration. It helps increase blood flow and oxygen to wounds and infected areas, which helps the body grow new tissue and heal more rapidly.



The following are some ways to make the most out of your beautiful orange Calendulas.

Tea

Drinking tea made from calendula can help in the treatment of urinary tract infections. Additionally, the healing and anti-inflammatory properties of the herb make it very soothing on the throat. Simply use your calendula tea as a gargle when your throat feels sore.

Calendula Oil

I particularly enjoy making my own calendula oil knowing where it comes from. Calendulas are easily harvested, once picked you dry them and infuse them into a beautiful rich orange oil that is

quite simple to make and doesn't require any specialised equipment. I consider Calendula oil to be a first aid kit in a bottle; it has remarkable healing qualities, which can be used to treat almost any skin condition. It is both antimicrobial and antibiotic for effective tissue healing.

Calendula oil can be used instead of tea tree oil or other medications to prevent infection.

Home made Calendula oil is wonderful on delicate skin because it is infused and is not an essential oil. This makes it more gentle and can be used anywhere on the body. It is able to repair and heal damaged skin.

I have used Calendula oil effectively on grazes, bites, rashes, dry and itchy skin, eczema and cradle cap. It helps prevent infection if used at the time of the injury and can be applied frequently depending on the seriousness of skin damage.

How to make Calendula Oil

1. Harvest the whole flower or otherwise purchase dried calendula flowers or petals from Freedom Organics.
2. If harvesting yourself, take the whole flower heads and dry them in an electric dehydrator or in baskets near heat or in the sunshine. Air-drying will be sufficient although it is a bit slower and best done in dry weather.
3. Place the flowers in a jar and cover generously with good quality oil like almond, coconut or macadamia oil.
4. For home use, the quantities are not critical - covering the flowers with oil will make sufficiently concentrated oil generally known as the folk method.
5. Infuse the calendula for at least six weeks shaking the jar every day or two. You will gradually see it releasing an orange colour and of course the therapeutic constituents into the oil.
6. Strain the oil, clarifying it by pouring through a fine fabric or coffee filter paper (unbleached of course).
7. Bottle the oil in amber glass to protect it from the light.

Calendula Sugar Scrub

Ingredients:

- 1/2 cup of Calendula infused sweet almond oil
- 1/3 cup Calendula infused coconut oil
- 2 cups fair-trade white sugar
- 10-20 drops of essential oil (optional)

Directions: Infuse calendula flowers into sweet almond oil and coconut oil separately. Reserve specified amounts of each. Combine coconut oil with sugar and mix well. Slowly pour in sweet almond oil while mixing until desired consistency is reached. Add essential oils if desired.

Calendula as a companion plant

Calendulas are brilliant companion plants for the garden as it attracts beneficial bugs and contains pyrethrum keeping pests at bay. It grows happily with all your plants and self seeds easily.

Cooking with Calendula

Calendula is an edible flower that adds colour and a mild peppery flavour to both sweet and savoury dishes. Use the petals only. The internet is full of wonderful Calendula recipes so get creative.

- Calendula & Honey Funnel Cakes – Lovelygreens.com
 - Homemade Pizza with Calendula & Wild Garlic – Lovelygreens.com
 - Elizabethan Salad with Calendula and other Edible Flowers – Italian.food.com
 - Sunshine soup with Squash & Calendula – Flowerfolkherbs.com
 - Orange + Calendula Carrot Cake – Darlingmagazine.org
 - Calendula Cupcakes – Greensideup.ie
 - Homemade pasta embedded with Calendula petals – Pulcetta.com
- Calendulas are in flower now so it's a perfect time to use them and you will soon be able to harvest the seeds ready for planting for next autumn.




Monthly column by Trish
Psychic/Medium, Intuitive Counsellor,
Past Life Regressionist and Healer

Hi, my name is Trish and I am a Psychic/Medium, Intuitive Counsellor, Past Life Regressionist & Healer and I am delighted to be a regular contributor now for the Phillip Island Vibe Magazine. I am the owner operator of Soulful Living which provides a variety of services to support a balance in mind, body and soul wellness. I look forward to sharing my knowledge & experience each month.

This month I'd like to look at Spring Cleaning for the mind! We have just come into the new season of Spring and slowly leaving Winter behind. Spring is a wonderful month to let go of what no longer serves us and start creating more of that which does. In Winter we tend to hibernate and withdraw a little and it's a season of reflection too as we move through some of what has been holding us back and then moving into Spring is where we can release it. Perhaps there is a negative habit you have had for some time and have come to the realization that it's just not serving your good anymore. With the energy of new beginnings and growth with what Mother Nature brings us in spring, it's a great time to clear out these negative behaviours or patterns. One way of doing this is to declutter. When we live in a space where there is clutter around us including our home, work space and our car, it reflects on us at a soul level too it clutters our mind, it causes a whole lot of backed up tension, negativity and feeling of being trapped when we are surrounded by so much stuff. Clearing the space allows new opportunities, new energy to come in. Starting with clearing out one room in the house. Start with perhaps the bedroom. Go through every draw and the wardrobe and get rid of any clothing that you haven't worn in the last year donate it to charity or even sell it for some extra spending money. After doing this clear out any rubbish lying around and now it's time to change the room around. Perhaps a new doona set with some colours of spring. Brighter colours give the room a bit of a revamp as that's what we are trying to create in our life to bring in more new and out with the old. Place a bright coloured candle such as orange or bright yellow and light the candle each day for a week or more. As you light the candle set the intent of what it is that you wish to bring into your life and what it is that you wish to be remove. This is a powerful process as once you set the intention, it then is what it is and the universe begins bringing it to fruition. So these are just a few tips on making the most of the energy of what Spring brings us and creating a season of positive changes for us.

You can contact Trish via her facebook page:
<https://www.facebook.com/soulfullivingwithtrish/>



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Reports have been very slow to come in while we all wait for the weather to turn and start to improve. We are starting to see a little change and then you wake up and it feels like it's going to snow.

If you are heading out in the boat this time of the year don't forget the beanie and jacket because while it might seem reasonable on the land on the water it will be considerably colder. You might only be going out for a short time, but engine problems might mean you are out there for hours waiting for someone to tow you home. Use this time to test out everything on your boat, especially if you have a new sounder or GPS and other electronics.

We have also been told there will be a lot more safety gear spot checks on the water this year and the list of

items checked may include registration stickers and the correct letters/numbers on the front of your boat.

Servicing of inflatable life jackets is another thing that has been around for awhile now and will also be high on the list of things checked. The rules on servicing is as per manufacturers specifications.

While you can do it yourself there is a procedure to follow which can be found on line and there is every chance you will be asked by authorities how you serviced it. Changing the canister is not the only thing that must be done. Being checked and not having everything up to date can bring your fishing trip to an end if you're being told to head back to the ramp. With only an hour or so of checking everything you can assure you will have no problems.

The month has been quiet with the weather still settling down which is making it difficult to get the boat in the water. We have had the odd day or evening where the wind has dropped off and customers have headed out for a fish after work.

There hasn't been a lot of days where everything was perfect, but some snapper were reported. Most of the reports have come from the areas you would expect up the top end of the bay but the reports have told us, in deeper water than you might normally head to. The same has been towards Rhyll with the channels and the deeper water off the edge of the corals. The snapper reports should continue to come in as the weather improves and we get more people on the water fishing. They will head up around the top end of the bay, Corinella, Spit Point and those areas and the channels but once we get to November they will spread out across the corals heading into the shallows on the mud towards the end of November early December.

The calamari reports have been disappointing again this winter/early spring, but I don't think it's too much to worry about because I would put it down more to the weather than there being a lack of calamari. The ordinary weather has made it difficult to fish for calamari, apart from the wind it's the weed that is stirred up that makes it almost impossible to keep your jig clean. The smallest piece of weed will turn the calamari away from the jig. The other thing is because the weather has been so windy those who would normally chase their snapper baits, calamari during the mid-August into September are only now just getting out.

Give it another month or so and everything will be different, days will be longer, we will have more sunny days and the water temp will rise. All the ingredients we need to catch fish.

Community Markets

Churchill Island Farmers' Market

4th Sat of month, 8am-1.30pm. Churchill Island Nature Park

Cowes Island Craft Market

2nd Sat of month with Make, Bake and Grow theme, Phillips Parish Hall grounds, Thompson Ave, Cowes.

Foreshore Market

Erehwon Point to Jetty Triangle. 1st Sat every month from Jan 5 2019 plus extra markets Dec 29th, 2018 and Jan 27th, 2019.

Market on Chapel

4th Sat of month. Variety Market with 50+ stalls. Next held on October 27. Uniting Church, Cnr Chapel St & Warley Ave, Cowes. 8am-2pm in Summer, Autumn and Spring and 9am-2pm in Winter.

Market on Main

December 31st. Variety Market, Town Square & Anglican Church, Cowes. 3pm-9pm.

Market on Church

Saturday November 3rd, 8am-4pm. Special market in celebration of Phillip Island's 150th Anniversary. 50+ stalls.

Phillip Island Lions Club Steptoe's Emporium

Bric a Brac, 2nd hand furniture. Sat/Sun, 10am-1pm.

Grantville Market

4th Sunday of month, 8am-2pm, 100 plus stalls, Grantville Recreation Reserve, weather permitting.

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Sharpness in Photography

Submitted by the Phillip Island Camera Club

One major fault that lets many images down is sharpness or clarity of detail. It's important to get the best, razor-sharp image from your camera as possible, although sharpening can be done in post-editing it sometimes yields poor results.

Blur in some instances is fine. It can give an artistic effect or show depth of field but generally your focus point needs to be sharp.

A professional photographer once said to me "You can improve your photography by two hundred per cent if you use a tripod." Other alternatives are a monopod, fences, trees, logs and rocks. Anything that will stabilise the camera while you take the image.

If you have to hand-hold, with a mobile phone, set your feet shoulder-width apart, and lock your elbows in to your sides. Gently push the shutter release to take your photo. With a DSLR (Digital Single Lens Reflex) camera, set your feet shoulder-width apart, lock your elbows to your sides, support the lens with your left hand and gently roll your finger of your right hand to press the shutter release. An alternative to pressing the shutter release and perhaps jolting the camera, is that you can set the timer to take the image thus eliminating the shake.

Always try to select the focus point yourself. For a portrait always place the focus on the person's eye nearest to the camera. For a landscape a general rule is to focus one-third up from the bottom of your frame.

Ensure that you don't sway forward or backwards as focus can alter before the shot is taken.

To check on sharpness, while shooting, zoom in to the eyes on your image. If you can see individual eye-lashes the image should be sharp, but if you can only see a black blob the photo is not sharp.

A good way to start to edit your images is to regularly delete the unfocused/unsharp images.

Hopefully if you try to put some of these tips into practise you will see an improvement in your images. Most importantly enjoy the creative moment.

Phillip Island Camera Club meets at the Heritage Centre, 89 Thompson Avenue, Cowes, (near the Library) the first Monday of the month, except on public holidays, when it is the second Monday, at 1:30 pm. For further information phone Susan 0408 136 717. References: Auer, Brian (6 Tips for controlling sharpness) and Harmer, Jim (10 Tips for Sharper Photos).



Volunteers add value for Visitors

If you've been out to the Nobbies recently or visited the boardwalks at the Koalas, you may have also come across some of Phillip Island Nature Parks' newest brigade of volunteers doing their bit to help the island's visitors enjoy their time here, and leave with more than just a photo.

"We have 8 new Visitor Experience volunteers at the Nobbies and 5 at the Koalas, and they are playing an important role in engaging with our visitors and ensuring they have a memorable and authentic experience," said Rachael Ferguson, Phillip Island Nature Parks' Volunteer Coordinator.

"Hopefully these visitors will also take home a greater understanding of the island's beautiful environment and the importance of protecting our special wildlife and this special place. They may not only learn about the fur seals or penguins or koalas, but also find out what we can all do to help our wildlife, like blowing bubbles instead of releasing balloons, ensuring their rubbish ends up in a bin, using reusable items such as keep cups or planting native vegetation at home."

The Nature Parks is currently looking for additional members to join its new team of Visitor Experience volunteers in either an ongoing capacity or a shorter period between November and April, and there is a range of good reasons to get involved.

"People volunteer for all sorts of reasons, whether it is to share their knowledge, skills and life experience with people from all walks of life; to broaden their own knowledge; to contribute to an organisation promoting an understanding of conservation; or to be part of a social network of like-minded and interested people."

"One of the many benefits of volunteering in a regional community is the opportunity to make a difference to the place in which we live. Research and first-hand experience also shows that volunteering is an important part of skills acquisition, and can provide great opportunities to gain valuable work experience and participate in community networks."

If you're interested in joining this new team of Visitor Experience volunteers, or just finding out a little more about volunteering at the Nature Parks, join one of the information sessions and enjoy a walk around the site followed by a cuppa and cake.

Thursday, 11 October at 10 am - Meet out the front of the Nobbies Centre

Friday, 12 October at 1pm - Meet out the front of the Koala Conservation Centre

If you have any questions about volunteering, or want to let Rachael know you're coming to one of the above sessions so she can make sure there's plenty of cake to go around, send her an email at: volunteers@penguins.org.au



Healthy and Healing with Pip

This month I'd like to talk about pleasure ... and specifically about how things that are pleasurable are sustainable.

I heard Jessica Ortner (author of *The Tapping Solution* to create lasting change) say this on the Hay House Radio.

She said 'self criticism is not smarter or more self aware, it is misguided self love.' And although there may be a change in behaviour in the short term, it's not sustainable long term.

It really resonated with me.

I've been rock climbing with a friend at an indoor climbing centre in Cowes for 8 weeks. It is always fun, there is lots of variety and it challenges my mind and body. I WANT to go every week.

If you have ever started a new exercise routine you will get this.

You know that if the exercise you choose is not pleasurable to you in some way, you are less likely to do it.

Not doing the exercise means you won't achieve your fitness goals.

For some reason we think that we need to be in pain, stressed and unhappy to achieve our goals.

I've never see Richard Branson looking unhappy.

That man only seems to choose projects that are inspiring and fun!

So, choose an exercise that you love, that makes you joyful and that is pleasurable ... then you will keep doing it.

Basically, if you don't like to run ... don't do it!

Let's set ourselves up for success and happiness.

Same is true for your business, personal or relationship goals.

Have a look at your behaviour with some curiosity.

Ask yourself:

Do I find it fun to go to work?

Do I like the people I spend most of my time with?

Do I feel excited to wake up in the morning?

Do I really enjoy this exercise I'm doing or food I'm eating?

If your answer is no to these questions, then perhaps it's time for a refresh and re-jig of your life activities.

Now I get that everything in life will not be completely pleasurable, there are some things that we need to do that might be uncomfortable however, they don't have to be a stumbling block for us.

You can do this smarter.

You can move forward with ease and be resilient.

Did you know that the average person has between 12,000 and 60,000 thoughts per day? In 2005, the National Science Foundation published an article that said that of those thoughts, 80% are negative and 95% are exactly the same repetitive thoughts

as the day before and about 80% of THOSE are negative.

It's no surprise then that the majority of people don't achieve many of their goals. You are constantly talking yourself out of it.

If you have tried to make a change in your life and it didn't work out how you intended, perhaps you could ask yourself: what was it about the change I was making that didn't feel safe?

You might discover that you were scared of being physically fitter because you might attract unwanted attention from the opposite sex.

It's time to practice being kinder to yourself.

Louise Hay used to say 'I trust life. Life loves me.'

Your job is to just show up ...

Say 'I'm here! Let's do this!'

Then be willing to take action, even if it doesn't go as planned.

You are always supported by the Universe.

Pip Coleman

Reiki Master, Bowen Therapist (ISBT), Advanced Angel Intuitive, Meditation & Psychic Development Teacher.

Mobile: 0437 670 820

Website: <https://www.consciouscoursesandtherapies.com/>

Facebook:

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Funded from Parliament's Electorate Office and Communications Budget

Barb Martin Bushbank re-opens to the public

The Barb Martin Bushbank will be re-opening to the public for retail sales on Wednesday 3 October, following a temporary closure to allow for extensive upgrades to the indigenous nursery's facilities.

"We are excited to be re-opening the Bushbank's doors on Wednesday, fully stocked with plenty of indigenous plants, many of which have been locally sourced and grown, for the local community to be able to plant in their gardens," said Candice Ochsenham, Nursery Coordinator.

"Over the last few months we have continued to service our existing wholesale orders, but we've also been able to focus

on the generation and production of plants with the help of our great band of volunteers, who form such a vital part of the nursery's operations."

"We really want to thank and acknowledge our volunteers' ongoing contributions, so we're going to be enjoying a special celebratory breakfast with them before we open for business on Wednesday."

The nursery has received significant upgrades to much of its infrastructure including greenhouses and growing benches, along with improved drainage, especially in the hardening off area.

The Bushbank will open to the public for retail sales three days each week on Wednesday, Thursday and Saturday between 9am and 3pm, offering a wide range of indigenous plants ideally suited to the island's conditions.

"Native plants are attractive and come in many shapes and sizes, and with the right species you can have a flowering garden all year round. They are better for the environment, low maintenance, drought tolerant, and require minimal water. Native plants also provide habitat for native birds, butterflies, bees, lizards and other insects.

By planting a native garden, you can help connect animal and plant populations across the island."



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WHAT'S ON

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Oct 14 - Dan Lunn
Oct 21 - Andrew Williams
Oct 28 - Jacquie Sterling

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Meet a local community volunteer



Susan Brereton volunteers as President of the Phillip Island Camera Club. Thanks for sharing with us today.

How long have you been volunteering in this role? I have been a member of the Phillip Island Camera Club for last ten years and in charge for the last 3 years.

What is your role? I am the President of the club. My duties include organising the syllabus for monthly evaluations and the judges. As well as workshops, where we learn new techniques and also excursions which can be locally, in the district or 2 -3 day excursions within the state. I am also the print steward who organises the monthly images and arranges delivery and collection of the images to judges.

What do you do when you're not volunteering? My other interests beside photography are painting, drawing and wood carving. I am compiling my family tree which I have some branches that back to the 1500's. I am trying to include a photograph of each family member since they arrived in Australia.

What is the best part about your job? I really enjoy the socialising with my fellow photographers who have the same interest in photography. To organise excursions and workshops and see the members images improve and for them to try new techniques. To encourage members to enter national and international competitions.

What did you do in your working life before becoming a volunteer? I have worked in the Commonwealth Bank for 22 years, retail for 20 years and currently working for Coles.

Can you tell us one thing about yourself that your colleagues might not know? I am a volunteer at the RSL Day Club. Every Monday morning we meet at the RSL and organize activities for the members.

Is there anything else you would like to tell the Vibe readers? I am a family person who love seeing and keep in touch with all my relations.

If you're interested in more information about the Phillip Island Camera Club contact Susan on 0408 136717

MY HOME CHARITY AUCTION RAISES VITAL FUNDS FOR MY ROOM CANCER CHARITY, HELPING PATIENTS AND THEIR FAMILIES AUSTRALIA-WIDE

Metricon & Satterley have proudly raised \$750,000 for My Room Children's Cancer Charity, partnering with Channel Nine's Footy Show My Room Telethon, last month selling a beautiful four-bedroom, two-storey Merricks 37 home which will be built on a Satterley estate in Victoria early next year.

My Room Children's Cancer Charity is a volunteer organisation dedicated to raising funds to achieve a 100 percent cure rate for childhood cancers. Over the past 25 years, My Room has raised more than \$17 million for childhood cancer research, clinical care, family support, and to improve the quality of life for patients. It works hard to fund national research and to support children and families across Victoria.

"Our goal was to offer a home that would draw the best result for My Room on auction day," said Metricon Gippsland Regional Manager, Jeff Telford. "We were delighted to see bidders show up in force to raise vital funds to help change the lives of children with cancer," Jeff added.

The spectacular Merricks 37 will sit on a 508sqm block of land and feature four substantial bedrooms and ample entertaining areas complemented by the luxury of a private study at the front of the home, a formal sitting room and huge upstairs leisure room. It is a perfect home for families and is popular with customers in regional Victoria.

The My Home Auction was hosted by The Footy Show's Rebecca Maddern. Rebecca was joined by contestants from the Nine network's hit shows including Married at First Sight, The Voice, and Love Island. Following the auction, The My Room Telethon screened live on a special edition of the AFL Footy Show. The show featured a high-profile list of AFL's footy legends, and much-loved TV personalities. Metricon and Satterley's donation of \$750,000 brought the total amount raised at the AFL Footy Show's My Room Telethon to an incredible \$1.55 million.

Metricon's Gippsland Regional Manager Jeff Telford said "Metricon has a strong commitment towards giving back to the local communities we build in. Our collaboration with Satterley and The Footy Show's My Room Telethon will impact the more than 900 Australian children diagnosed with cancer every year – many who travel from regional Victoria for treatment at the Royal Children's and Monash Children's Hospitals." To find out more visit

www.myhomecharityauction.com.au



Image depicts items not included namely water feature. Landscaping is included but will vary from what is on display.



COASTAL LIVING REDEFINED



Image depicts items not supplied by Metricon such as feature fencing, landscaping, paths and water feature.

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To hear more about the Bayville, or learn how we can help you love where you live, visit our stunning display at Whytesands Estate, Ventnor Road, Cowes. Open Monday to Friday 12pm – 5pm, Saturday & Sunday 11am – 5pm

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Phillip Island 2018

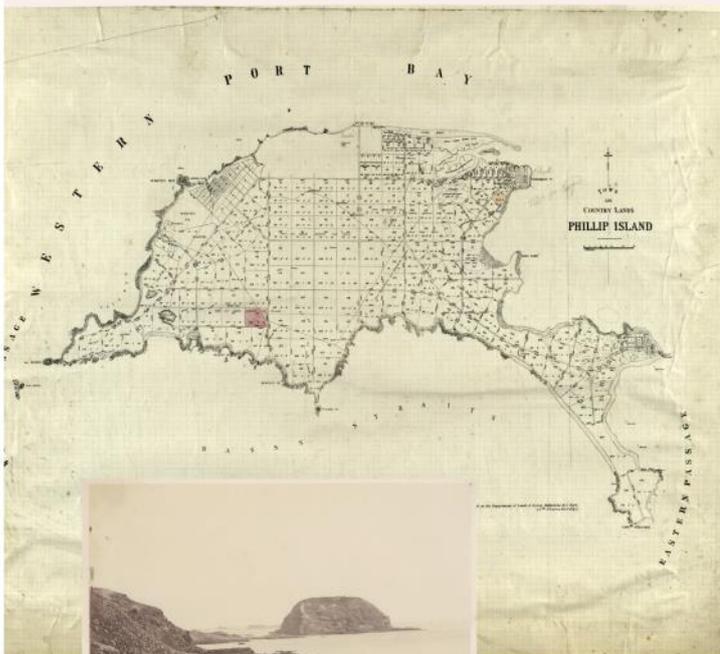
November on the Island

Get involved and celebrate

basscoast.vic.gov.au/phillipisland150



follow us on Facebook at [Facebook.com/PI150](https://www.facebook.com/PI150)



The Beauty Phillip Island.

Community Street Parade

Thompson Avenue Cowes
Saturday, 3 November
11.00am to 12.00pm

Bendigo Bank Community Day

The Esplanade
Saturday, 3 November
12.00pm to 4.00pm

Historical Re-enactment of the Land Sales

Cowes Town Square
Saturday, 10 November
2.00pm to 4.00pm

Phillip Island 150th Gala Dinner

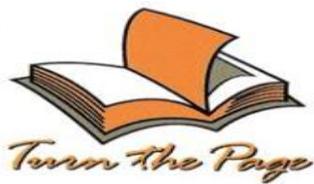
Phillip Island Grand Prix Track
Saturday, 10 November 6.30pm
tickets available online at

<https://phillipisland150galadinner.eventbrite.com.au>

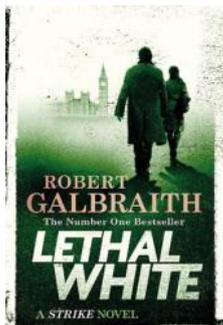
or at the Cowes Cultural Centre at
91-97 Thompson Avenue, Cowes, open

Monday to Friday from 9.00am to 5.00pm.





Book Reviews



"Lethal White"

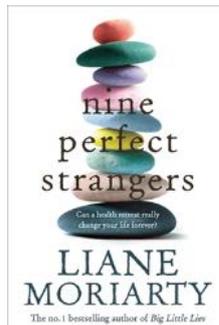
by Robert Galbraith

RRP \$32.99

This is the 4th novel in the Cormoran Strike series and this one is huge in all aspects, including that it is a massive 647 pages long.

Another great plot and one of Robert's best: 'I seen a kid killed . . . He strangled it, up by the horse.' When Billy, a troubled young man, comes to private eye Cormoran Strike's office to ask for his help investigating a crime he thinks he witnessed as a child, Strike is left deeply unsettled. While Billy is obviously mentally distressed, and cannot remember many concrete details, there is something sincere about him and his story, but before Strike can question him further, Billy bolts from his office in a panic. Trying to get to the bottom of Billy's story, Strike and Robin Ellacott - once his assistant, now a partner in the agency - set off on a twisting trail that leads them through the backstreets of London, into a secretive inner sanctum within Parliament, and to a beautiful but sinister manor house deep in the countryside. During this labyrinthine investigation, Strike's own life is far from straightforward: his newfound fame as a private eye means he can no longer operate behind the scenes as he once did. Plus, his relationship with his former assistant is more fraught than it ever has been - Robin is now invaluable to Strike in the business, but their personal relationship is much, much more tricky than that . . . The most epic Robert Galbraith novel yet, LETHAL WHITE is both a gripping mystery and a page-turning next instalment in the ongoing story of Cormoran Strike and Robin Ellacott.

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



"Nine Perfect Strangers"

by Liane Moriarty

RRP \$32.99

Our price \$29.99

Liane Moriarty is the Australian author of seven internationally bestselling novels, including the No. 1 NYT bestsellers *The Husband's Secret*, *Big Little Lies* and *Truly Madly Guilty* and this latest book will not disappoint.

The retreat at health and wellness resort Tranquillum House promises total transformation. Nine stressed city dwellers are keen to drop their literal and mental baggage, and absorb the meditative ambience while enjoying their hot stone massages. Watching over them is the resort's director, a woman on a mission to reinvigorate their tired minds and bodies. These nine perfect strangers have no idea what is about to hit them.

With her wit, compassion and uncanny understanding of human behaviour, Liane Moriarty explores the depth of connection that can be formed when people are thrown together in... unconventional circumstances. PRAISE FOR LIANE MORIARTY "One of the few writers I'll drop anything for. Her books are wise, honest, beautifully observed..." Jojo Moyes.

"Moriarty is a deft storyteller who creates believable, relatable characters." *Washington Post*.

"Moriarty is brilliant at her craft, all the time cranking up the suspense." *The Age*

"Sharply intelligent" *Entertainment Weekly* "Mistress of the razor-sharp observation" *Kate Morton*.



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CONSCIOUS COURSES WITH PIP

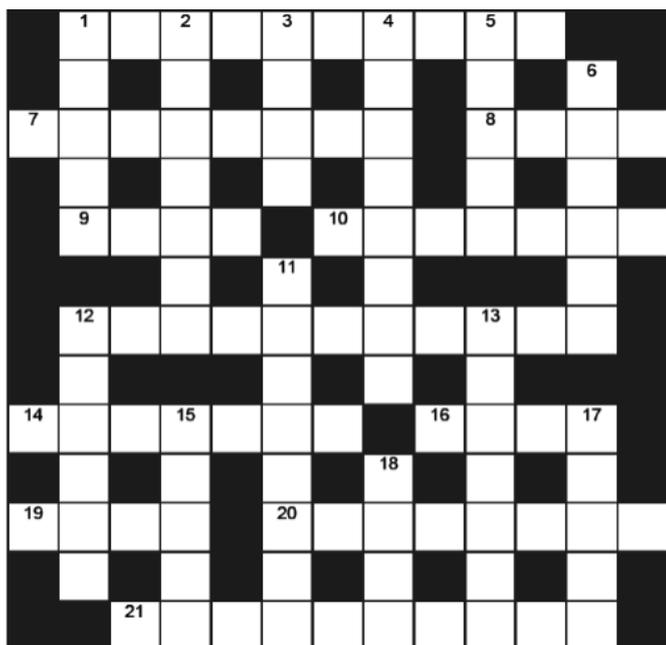


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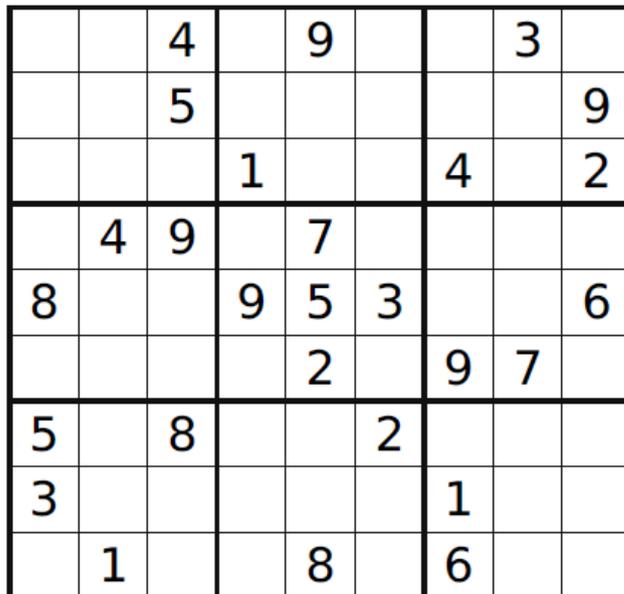
Brain Food

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



Vibe Quick Crossword 105

- | Across | Down |
|------------------------|-----------------------------|
| 1 Five sided (10) | 1 Cost (5) |
| 7 Specific (8) | 2 Zero (7) |
| 8 Flatten (4) | 3 Pimples (4) |
| 9 Review (4) | 4 8 legged creatures (8) |
| 10 Stretchy fabric (7) | 5 Adjust (5) |
| 12 Stubbornly (11) | 6 Delightful (6) |
| 14 Amaze (7) | 11 Jack climbed up this (8) |
| 16 Away (4) | 12 Baked buttery treat (6) |
| 19 Smile (4) | 13 Shortfall (7) |
| 20 Protested (8) | 15 Imperial measure (5) |
| 21 Commemorates (10) | 17 Grasses (5) |
| | 18 Slightly open (4) |



Vibe Sudoku 105

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

Nature Parks to join the business community in Cowes

Phillip Island Nature Parks is delighted to be establishing an office site for up to 60 of its team members in the Cowes CBD, the first time the Nature Parks has established an office presence within the township.

A 5 year lease has been secured on premises located at 154-156 Thompson Avenue in Cowes to provide office space for many of the team members currently located at the Penguin Parade.

This significant move was made to improve connection with the local community and minimise impact on environmentally significant areas, while also providing anticipated flow-on benefits for local businesses through the substantial increased daily workforce in Cowes. "As part of the Nature Parks' commitment to minimise our footprint in an environmentally sensitive area, the new Penguin Parade visitor centre will provide office space for essential operational and administrative staff only, and all other team members will be relocated," said Catherine Basterfield, Phillip Island Nature Parks' CEO.

"This new location provides us with ample floor space and abundant car parking, as well as the opportunity to co-locate our retail warehouse on the same site"

Work is due to commence shortly on fitting out the new premises into appropriate office and warehouse space, and it is expected staff will move to the new location early in 2019.

"The Nature Parks is also currently planning for the development of additional office space at the Koala Conservation Centre. This would be a smaller development than the Cowes office space, however it will ensure we have adequate office facilities into the future."



1. What superhero has been played by Michael Keaton, Val Kilmer, George Clooney and Christian Bale? 2. In 'Shrek', what comedic actor voices Donkey? 3. Which country

features a maple leaf on its flag? 4. In what country were the 2014 Winter Olympics held in the town of Sochi? 5. What part of the body produces insulin? 6. What band featured Sting, Stewart Copeland and Andy Summers? 7. What is the largest US state in area? 8. What is the formal name of the thighbone, the largest leg bone? 9. In what city is the headquarters for the United Nations? 10. Which chemical element has the symbol Sn? 11. What US president saw the Great Depression end and WWII begin on his watch? 12. Dominica is the only country in the world to feature what color on its flag?



What's Cooking?

Simple, delicious recipes.
No experience necessary.

CHICKEN AND CHORIZO RISOTTO

WHAT YOU NEED:

- 1 tablespoon olive oil
- 600g chicken thigh fillets, trimmed and quartered
- 1 Chorizo sausage, halved lengthways, thinly sliced
- 1 red Capsicum, chopped 1 1/2 cups arborio rice
- 1/2 cup dry white wine 400g can diced tomatoes
- 2 1/2 cups chicken stock 3 teaspoons dried oregano
- 1 cup frozen peas

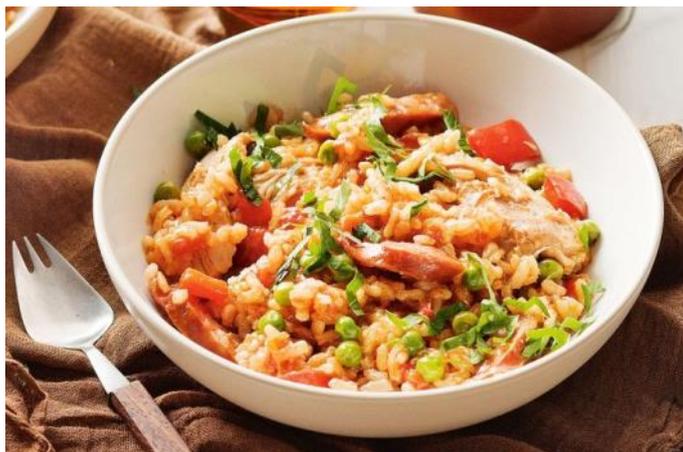
WHAT TO DO:

Heat oil in a large, heavy based saucepan over high heat. Season chicken with salt and pepper. Cook chicken, turning for 6 minutes or until browned. Transfer to a plate.

Add chorizo and capsicum to pan. Cook, stirring occasionally for 3 minutes or until chorizo browns. Add rice. Cook, stirring, for 2 minutes or until wine is reduced.

Return chicken to pan. Add tomato, stock and oregano. Cover. Reduce heat to low. Cook for 20 minutes or until rice is tender and liquid evaporated. Stir in peas. Season with salt and pepper. Remove from heat. Stand, covered, for 5 minutes and serve.

If you have a favourite recipe we would love to publish it in the Vibe to share with our readers. You can email it to: phillipislandvibe@outlook.com



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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. Contact Ron Hateley 59522549 or Averil Roberts 59522602.

Phillip Island Lions Club Meets every 2nd & 4th Sunday of month, 1.30pm, Lions Club Rooms, Dunsmore Rd, Cowes. More info: Steve Munro 59526461

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 0400815353.

Phillip Island Girl Guides Multi age group from 5 years, Thursdays 5-6.30pm. More info contact Sue Viney sviney@guidesvic.org.au

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

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 very welcome. Call Thelma 56785549.

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: Bob Andrews 0437526757 or probussanremo@gmail.com

Rotary Club of Phillip Island & San Remo "Fundraising for our community". New members welcome. Phone Keith Gregory 0439020996.

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 0438808428 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 0414709066

Phillip Island Croquet Club new members welcome. Contact Ken 59568803 or David 0412485913 or just come along to our club Frid 10am Blue Gum Reserve Dunsmore Rd, Cowes.

The National Vietnam Veterans Museum needs volunteers to assist with cataloguing and conserving the collection, maintenance and building projects and office work. Contact Debbie Barber or Liz Fincher 5656 6400

Islander Day Club every Monday, ANZAC Room, RSL, 10am-2pm. Games, craft, exercises guest speakers and outings. Transport can be arranged if necessary. For more info: Kaye Cannin 0488 660658.

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.

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 Dorothy Young 59521532.

Phillip Island Camera Club meets 1st Mon of month, Heritage Centre meeting room, 1:30-4 pm. Contact Susan Brereton of 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 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 0418178343 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 Rachel 0435552518 or email enquiries.piarc@gmail.com.

Wildlife Rescue Phillip Island, Rehabilitation, care, rescue & transport of all wildlife on the Island & surrounding areas. Kaylene 0412258396 or Colleen 0409428162.

Phillip Island Squares (square dancing) Thursdays 7.30-10pm
Bass Valley Community Hall, Bass School Rd, Bass, Contact Carol 59525875.

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

Phillip Island & District Historical Society. Cowes Heritage Centre, contact Secretary Christine Grayden 5956 501. 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 rollup in Mufti every Wednesday afternoon starting at 12.30pm. New members and visitors will be made most welcome 1a Wynne Road, San Remo. For further information please contact Robyn on 0411 549 380 or Tony 0474 205 369.

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

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

“Bee Crafty” New 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

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

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

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. 0417317470

ASPI Textile Artists Group A fantastic, friendly group of ladies that share their love of textiles in extended ways. Meeting fortnightly in The Heritage Centre rooms next to the library. Contact Shirley Collins 0410 58A4025.

Bass Coast Strollers Inc. Walks every Monday; generally 8-12km and graded Easy or Easy-Medium; bush tracks to coastal paths to town walks; a shorter 4km walk option is often offered. \$35 subs. Contact Liz 5678 0346, Chris 0400 346 078, info@basscoaststrollers.org

First Friday Philosophy. Series of lunch time discussions of some big intellectual questions. First Friday of the month. Harry's Restaurant \$35 includes lunch. Book or enquire by emailing gurdies@australiaonline.net.au

The Phillip Island Miniature Light Railway Inc. is having a Members General Meeting. Anyone welcome. Meeting to be held at the RSL in their Boardroom Wednesday 22nd August @ 7.30 pm, Boardroom, R.S.L. 225 Thompson Avenue, Cowes. We would appreciate an RSVP to give us an idea of numbers. The Secretary, Bev Munro, 0417 578 435 or Facebook.

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

Paul's Table Community Café Now closed over winter/spring and re-opening in Summer.

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

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

Phillip Island Health Hub Auxiliary meets 2nd Monday of every month at 10.00am at the PI Health Hub in Cowes. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome. For more info – Maree 0408 362600.

PUZZLE SOLUTIONS

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

Vibe Sudoku Solution 105

Quiz Solution 105 1. Batman 2. Eddie Murphy 3. Canada 4. Russia 5. Pancreas 6. The Police 7. Alaska 8. The femur 9. New York 10. Tin 11. Franklin Roosevelt 12. Purple

The Combined Churches of Phillip Island

Phillip Island Baptist Church

Cnr Settelement & Dunsmore Rds, Cowes. Worship time: 10am Sunday. Good Friday and Christmas day at 9am Ph 59523408 Website: islandbaptist.org.au Facebook @phillipislandbaptistchurch

St John's Uniting Church

Cnr Chapel St and Warley Ave, Cowes. Worship time: 10am Sunday. Good Friday and Christmas day at 9am Ph 59522083 Website: cowesunitingchurch.org.au Facebook @cowescommunitymeal

St Philip's Anglican Church

Cnr Thompson Ave and Church St, Cowes. Sunday Worship: St Philip's, Cowes 9am, St Augustine's, San Remo 10.30am and St Paul's, Bass 12.30pm. Ph 59522608 Website: anglicanparishbassphillipisland.com

Hope Church

At Newhaven Primary School, 12-22 School Avenue, Newhaven. Worship time: 3.30pm Sunday Website: islandhopechurch.com PO Box 348, Cowes. 3922.

St Mary's Catholic Church

6 Rhyll Rd, Cowes. Mass at Cowes Sunday 9am, St Mary's Star of the Sea, San Remo Saturday 6pm, St Joseph's Bass Sunday 11am Ph 59425418



Vibe Crossword Solution 105

SOLUTION TO THE LORD PHILLIP WHODUNNIT

Inspector Jack Flint of the Cowes constabulary stopped in his tracks. "How did you get here before me?" he growled. "If I didn't know better, I'd say you were Phillip Island's biggest criminal."

The inspector turned to his men and barked a series of commands. The officers put on gloves and fanned out over the scene. "You've taken me to this restaurant, Cunningworth. Is that the owner?"

"Owner and chef. Unfortunately, the establishment might not be able to survive without Henry Bull and his prep chef."

"Prep...? Don't tell me there were two murders?"

"No, just one. The prep chef, Hugo, is the killer."

"How do you know that?"

"Look at the knife in the victim." Leroy paused while the Inspector did as he was told. "Does it have a long blade or a short one? Is it a paring knife or something else, like a steak knife?"

"How should I know? The blade's in the victim."

"Exactly. And yet Hugo knew which knife it was—a short paring knife." Flint thought it over and then shook his head.

"Maybe Hugo saw which knife was missing."

"No. All three suspects said they'd just arrived. And all the knives have exactly the same handles. Like it or not, Hugo's your man."

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