

Phillip Island Vibe

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ISSUE 92, SEPTEMBER 2017



Welcome to the September edition of the Phillip Island Vibe

The glimpses of sunshine and the great pic above by **Renee de Bont** from **Unearthed Designs** are a great inspiration to dust off the runners and get out walking again. For some ideas check out the local walking guide from **Phillip Island Walkabout** on page 12 this month but also appearing with great tips and ideas every month in the Vibe.

This time of year also means spring cleaning time and instead of a big sigh you can put your feet up and contact some of the professionals advertising in our **Spring Clean and Home Maintenance feature** on pages 17-19. They can help you inside and outside your home so that you can enjoy your free time.

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DATE	TIME	STUDENT ACTIVITY	PARENT ACTIVITY
Thurs 12 Oct	2:30-3:15pm	Classroom Story Time	Afternoon tea with the Principal and Head of Junior School
Thurs 19 Oct	2:30-3:15pm	Jump & Move Perceptual Motor Program/PE Session	Join in with or assist your children
Thurs 26 Oct	2:30-3:15pm	Creative Young Artists	Caring for your Child Presentation by School Nurse
Thurs 2 Nov	2:30-3:15pm	Meet the Orchestra Music & Drama Session	Join in with or assist your children
Thurs 9 Nov	2:30-3:15pm	Love the Library	Literacy presentation by Linda Austin, Prep teacher
Thurs 16 Nov	2:30-3:15pm	Little Builders	Numeracy presentation by Fiona Smart, Prep teacher
Wed 22 Nov	11.00am	Meet your 2018 Year 6 Buddies	School Transition with guest speaker Melinda Vander Reest from Walker Learning
Wed 29 Nov	9.10 - 9.50am	Come along to the Junior School Assembly	Join the parent gallery and enjoy the assembly
Fri 8 Dec	9:30am-1pm	Orientation Day - Meet your classmates and teacher	School uniforms will be on display

Every Thursday you are invited to play in the playground after the session

**You don't need to be
enrolled to join in the fun!**

Come along and participate in these fantastic student and parent activities as part of our Prep Transition Program.

For enquiries please contact
Belinda Manning
5956 7505

1770 Phillip Island Rd
Phillip Island 3923
www.newhavencol.vic.edu.au



In Quietness and Confidence Shall Be Your Strength



If, by some bizarre quirk of fate, you found yourself acting as a public relations consultant for a pack of hyenas, it would be best to insist on payment in advance; yes, payment in advance, maybe a tooth – proof vest and a guaranteed place in the witness protection programme.

Spotted hyenas have never made much of an effort to get along with anyone, even each other. The word 'popular' doesn't feature in their lexicon, and they don't seem to give a hoot about their image, often cackling with hysterical laughter when some other animal takes a tumble and gets dismembered in the bush. Big game hunters in the first half of the 20th century regarded them as barely worth a bullet. They were cowardly shifty reprobates who made a living by butchering the sick and helpless and scavenging rotten leftovers. They could always be found hanging around the tables of other noble and bullet-worthy carnivores, typically lions and leopards, or otherwise outside a safari tent looking for an opportunity to steal stuff.

They live nocturnal lives, doing the nefarious things they have always done. That includes eating people when the opportunity presents itself. The corpse strewn battlefields in the horn of Africa and Malawi have lately provided a bonanza for spotted hyenas where they have a long record of chomping humans, particularly during the hot season when it's cooler to sleep outside. In the rest of rural Africa such incidents are almost certainly underreported.

The fact that hyenas don't get the same publicity as other man-eaters is probably because we don't like to admit to the idea. It's one thing being gobbled by an awesome great white shark or chewed by the king of beasts, but a skulking, cowardly hyena? But to be frank killing humans is not something these guys do often. Their risk assessment skills are second to none, killing and eating humans who have access to guns and tend to form enraged mobs is a decidedly risky business.

Hyenas evolved, at least in part, to cash in on the fact that the other major predators are wasteful eaters. A lion typically consumes only about 60 % of a carcass, leaving plenty of marrow filled bones and other bits and pieces. Hyena's jaws and titanium teeth are able to exert immense pressure, enough to crack open and break apart even the largest bones and their digestive juices are so potent they can efficiently process virtually any organic matter. They're not bothered about medals, but cleaning up the landscape should at least earn them some brownie points with the environmental lobby.

To the casual observer the social life of spotted hyenas is



something of a shambles. It's not always clear who's who, who belongs to which gang, or if they're just a bunch of layabouts with shifting mutual interests.


Female hyenas are big, butch and scary as far as the browbeaten males are concerned. Even an adolescent female can see off all but the largest and dominant males. Their plumbing works at first glance looked confusing and for a long while hyenas were thought to be hermaphrodite, yet another thing to add to their weirdo image.

The cubs are born in an underground den with fully functioning canines dispatching siblings of the same sex, the only mammal known to do this. Mothers usually give birth to twins, so if you pop out as a male you have to keep your paws crossed that you have a sister, not a brother, or vice versa. The statistical result is that about 25 per cent of hyena pups never see the light of day.



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*Meet a local
 community volunteer*



Colleen and Kaylene volunteer for Wildlife Rescue, Phillip Island

Hello Kaylene and Colleen, welcome to the Phillip Island Vibe

How long have you been volunteering for Wildlife Rescue?

Between us it has been more than 16 years. The centre has been registered with DWELP as a Wildlife Shelter for 5 years.

What is your role here?

Colleen: to help all wildlife no matter how upsetting or difficult.

Kaylene: to never leave an animal to suffer or be alone in this sometimes harsh environment.

What do you do when you're not volunteering?

That was answered with a laugh. Colleen works full time and Kaylene fits in a few hours a day and apart from that they are both on duty 24 hours a day, manning the phone and ready to respond to any animal in need.

What is the best part about your job?

Colleen: knowing that if an animal is really sick you can stop the suffering.

Kaylene: I love raising the babies until they can be released into their natural environments.

What did you do in your working life before becoming a volunteer?

Colleen: heaps of jobs but mainly in retail and supervision.

Kaylene: I worked with wildlife of a two legged variety at the Carlton and North Melbourne Football Clubs.

Have you got a funny story for us?

Kaylene: Well, this is funny on reflection. We went together to rescue a Cormorant bird and on the way Colleen spent many minutes lecturing me about strategies and safety procedures and equipment. When we had finished with the bird at the vets Colleen had three bite marks on her cheek. Seems she forgot to follow her own advice and didn't put on her safety goggles!!

Is there anything else you would like to tell the Vibe readers?

We are in desperate need of help from the community. We currently have 13 animals in care and have less than \$20 in the bank. People can support by donating cash for medications and equipment or supermarket vouchers so that we can purchase food and accessories. Call Kaylene on 0412 258396 to find out how you can help.



Phillip Island Historical News Fishing Tales

1953 - A shark boat left San Remo this afternoon with several fishermen who intend to catch sharks and 'bring 'em back alive.' Having caught their sharks they will tow them back by the tails to San Remo, where they will be placed in a large tank on a semi-trailer.

The sharks are needed to replenish the 'stocks' of a travelling sideshow, which features a man who swims in a tank with live sharks!

The fishermen expect to be back with their 'catch' early on Friday morning.

1951 - More than 3,000 crammed the pier and lined the fore-shore at San Remo for the annual Blessing of the Seas and Fleets. The crowd was so dense it delayed the arrival of the official party and the service started late.

Bishop Blackwood blessed the vessels and all who sail in them. In a prayer he asked that God should bless these waters of Australia and grant such seasonal weather at all times that our brethren of the fishing fleets of the commonwealth may gather abundantly of the harvest of the sea.

1941 - San Remo Fishing Jetty is seeking an expansion of the jetty to 100 feet to provide more berthage for the fishing fleet. The Chief Engineer of Ports and Harbours had inspected the jetty and his report would be acted upon when it came to hand.

1930 - James Paterson was washed off the rocks while fishing at San Remo, his twin brother John dived to his assistance, but both were drowned.

1915 - Fishermen and anglers generally will be interested to



learn that the Fisheries and Game Department has in place standards of weight in determining the minimum size of fish that may be caught, fixed the following lengths: Blackfish 8 and half inches, Flounder 9 inches, Luderick 8 and half inches, Mackeral 10 and a half inches, Murray Cod 15 inches, Rock Cod 8 and half inches, Salmon Trout 8 inches, Trumpeter 9 inches.

1915 - Whiting have been plentiful in Westernport Bay of late. A Couple of boats containing visitors to San Remo recently caught 280 in one afternoon, 160 falling to one boat and 120 to the other.



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The renovations are finished and we're celebrating with a family fun day!
Saturday 9th September, 9.30am-12.30pm



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9.30AM - 12.30PM

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MITRE 10

Our Lady Star of the Sea Primary School

Courage, Compassion, Creativity

The construction of Our Lady Star of the Sea, Cowes has certainly started to move along. To see the huge steel pylons being lifted and placed into position was a very exciting sight. The school is due to be completed by April 2018 and is well on schedule. During term 1 the children will work from a fully equipped portable building, consisting of offices and learning spaces. This building will be delivered by the end of term 3 this year so that we can begin transition for the students in term 4, 2017.

Our Lady Star of the Sea will offer Science, Art, Drama and Music and a second language as specialist subjects as well as the Victorian Curriculum. We will provide a quality and holistic education, where each child will be nurtured in a Catholic community that is courageous, creative and compassionate. All children will experience a stimulating learning environment where learning potential will be challenged and strategies to build mental toughness and resilience will be embedded throughout the curriculum.

Time to put your thinking caps on

First Friday Philosophy, a series of lunch-time discussions of some of the big intellectual questions of our time, started up in Cowes on Friday 1 September. The topic for the first lunch was "Is Truth Relative?" Eighteen people attended and following an introduction to the topic by John Buttrose, a lively discussion took place.

The lunches are planned for the first Friday of each month and possible topics for future lunches include: Do we have free will? What is beauty? What is the meaning of life? Is war ever justified? Do Animals have rights? Why is there something rather than nothing? What is love? What are our basic human rights? ... and so on.

The lunches start with a short introduction to the day's topic, then each person is invited to share their thoughts. Finally the meeting is open to general discussion. There is a limit of 22 participants at each meeting.

The topic for the next First Friday Philosophy lunch on 6 October is "If God does not exist, how do we determine what is right or wrong?"

The dates for the rest of 2017 are 3 November and 1 December, topics to be announced. The lunches will recommence in March 2018.

Time: 12:30 for 1:00 pm Place: Harry's on the Esplanade, Cowes.

Cost: \$35 (incl lunch)

To indicate your interest please email your name and mobile phone number to gurdies@australiaonline.net.au

Individual differences of each child will be recognised and celebrated as we ensure they feel valued, affirmed and empowered.

The school community will promote a sense of independence and self-motivation and encourage children to take responsibility for their own learning.

We are committed to offering the best academic environment possible. To do this, we support each student's learning and ensure that each student can learn in an environment of inclusion and respect.

We are committed to fostering leadership in all of our students. To achieve this, we have programs and activities which encourage each student to lead among their peers.

Enrolments are open for 2018 and 2019. We welcome all who seek a Catholic Education. The fees and levies are kept to a minimum and there are generous concessions for some Health Care and Pensioner cardholders. There are also concessions for those who may be going through financial difficulties but are ineligible for the cards mentioned above.

Please ring Cathy Blackford on 0407 862941 or 5951700 for more information or an enrolment appointment.

Destination Phillip Island Conference 2017

Be Inspired

Tuesday, September 19, 2017
8.30am to 5.30pm Silverwater Resort
Industry dinner at Harry's on the Esplanade

You're invited to participate in this annual local industry event which delivers learnings and inspiration to grow your business.

This program provides a range of speakers to inform, inspire and provide insights useful for small to large business

For more information and booking link visit:
desintationphillipisland.org.au

Destination
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The Spicy Duck – New look Thai in town

Thai food is the talk of the town in San Remo and you don't need to miss out.

Fai Thai is under new management and is now known as The Spicy Duck.

New owners Jintana and Nathan will launch with a new menu that contains all the long-term favourites as well as a few new additions including whole baby snapper, crispy thai omelette, spicy pork salad, satay stir fry and a favourite Thai street food dish, succulent grilled pork neck.

Jintana, from Northern Thailand says she is excited to bring the traditional, clean, authentic tastes of her homeland to San Remo in freshly prepared, flavoursome food.

The restaurant, located at 143 Marine Parade, will also undergo an interior and exterior face lift to fit with the new fresh look.

The venue offers the ideal destination for a romantic, family or group event and ofcourse offers a convenient take-away service as well.



The new opening hours will be Tuesday-Sunday 4.30-9.30pm and Saturday and Sunday 12noon to late.

Make your booking and get down to The Spicy Duck for a dining experience that won't disappoint.

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SAVE THE DATE
An evening with
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who will discuss his book
"THE THINGS THAT MAKE US"
SUNDAY NOVEMBER 12
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This expression of interest will help plan the event for space and catering purposes
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A classic who-dunnit mystery from our esteemed off-shore crime writer, Leon Herbert

NO TIME TO BLOODY BUCKLE UP

Leroy was enjoying the comfort of a leisurely car drive through picturesque verdant Loch, a lovely undulating and hilly pastoral area of Gippsland, courtesy of his friend Inspector Jack Flint of the Cowes constabulary who was doing the driving and having a rare day off from work. Leroy sought to amuse him with a mind puzzle he had recently read in the Readers Digest. "Jack, please concentrate and it's your shout if you don't have the right answer." Jack grinned and asked him to get on with it.

"I was driving when I saw the flash of a traffic camera. I figured that my picture had been taken for speeding, even though I knew I wasn't. Just to be sure, I went around the block and passed the same spot, driving even more slowly. But again the camera flashed.

Thinking this was pretty funny, I drove past even slower three more times, laughing as the camera snapped away each time while I drove at snail's pace.

Two weeks later, I got five tickets in the mail. Can you figure why?"

The inspector was not up to the task and gave up. Leroy chortled and the inspector grimaced. "I was driving without a seat belt. That's why!" Jack accepted the loss with his usual grace. Little did they realise the seat belt was very soon to be a sort of symbol for life and death.

When Flint suddenly slammed on the brakes, Leroy would have been pitched through the windshield but for his seat belt.

The reason for the inspector's sudden stop was horribly evident. A yellow sport's car had come racing around the hairpin turn on the mountain road ahead. Out of control, the car had crashed through the guardrail.

The impact didn't stop the car, but it flung the driver straight up. He seemed to hang in the air a moment before plunging out of sight.

Leroy and the inspector scrambled down the steep precipice.

The driver's body was a shattered mass of broken bones and blood. About thirty metres beyond, the sports car lay on its side, a total wreck.

"Strange," muttered the inspector, pointing to the seat belt, obviously unused, which lay in the fresh blood that covered the driver's bucket seat.

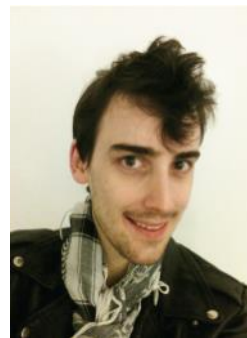
"I doubt that even a seat belt could have saved his life, said the inspector, unsuspecting of any criminal deed in the air. "Well my friend, it looks like one more traffic fatality for the year. Do you think he fell asleep at the wheel?"



'No, said Leroy. "He was murdered." The inspector looked at the brilliant sleuth – How the heck do you figure that? We saw the whole thing and the unfortunate guy was alone when he died."

"You don't have to have company to be murdered," Leroy replied philosophically.

Well Vibe readers, Why murder? Are your brains not scrambled by the laid back lifestyle on the island? Or as Sherlock Holmes asked pensively "is life simply elementary, my dear Watson? Readers should take a moment or two.



STRIKING A CHORD

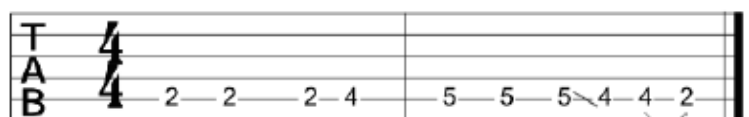
For seasoned guitar players, or those of you who enjoy a casual strum, local guitar teacher **Dean Luke**, shares tips, advice and news about all things guitar.

Classic riff Series - 'Satisfaction'

For this week's classic cover we will be looking at one of the rock world's most iconic riffs by none other than Mr. Keith Richards (or Mr. Health as my Grandma calls him).

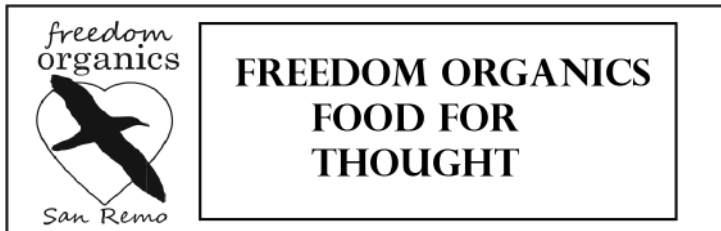
This riff is played entirely on the A string.

Fret the 2nd fret with your 1st finger, the 4th fret with your 3rd finger, then the 5th fret with your 3rd finger.



Slide from the 5th fret with your 3rd finger back to the 4th fret, then pull off from the 4th fret with your 3rd finger to the 2nd fret with your 1st finger.

Just like the name suggests, this riff brings a lot of satisfaction :)



**FOOD FOR THOUGHT - IF WE ALL HAVE A GO,
WE CAN BE PLASTIC FREE IN PHILLIP
ISLAND AND SAN REMO
ABOUT THE CAMPAIGN....**

Plastic Bag Free Phillip Island and San Remo is an education and awareness campaign developed to engage and support our local businesses and community to choose reusable, not disposable when it comes to plastic bags.

We are a dedicated group of volunteers who have begun approaching local businesses to create awareness about the issues with single-use plastic bags and discuss more environmentally friendly and sustainable options.



Sam and Sam wearing their PBFPIISR t-shirts.

So what's the problem with plastic bags?

In Australia, shoppers use over 46 billion single-use plastic bags annually. It is estimated 3.7 billion of these bags end up in landfill and 80 million plastic bags enter the litter stream, polluting our terrestrial and marine environments. The CSIRO has identified plastic bags as one of the top three most harmful

pollutants threatening marine wildlife, including balloons and bottles.

We want to help protect the marine environment and wildlife of Westernport Bay. The solution is simple- choose reusable, not disposable!

What's our aim?

Our aim is for all Phillip Island and San Remo local businesses to voluntarily remove single-use plastic bags from their operations by June 2018.

We are currently running an online community survey to understand what plastic free solutions our community wants and how they wish to find out about them. The results from this survey will inform our Plastic Solutions How-To Guide which will be provided to businesses for free to make it easier to reduce and remove plastic bags from their operations. Promotional toolkits including window stickers and in store poster will be provided to businesses who have actively reduced their plastic bag use or have removed plastic bags from their operations entirely so they can promote their plastic bag free status to customers.

We have partnered with Boomerang Bags Phillip Island and San Remo to address plastic pollution including Responsible Cafes and The Last Straw, in the hope that businesses will transition away from other single use plastics (coffee cups, straws, bottles, packaging). We are also working with Destination Phillip Island to develop a reusable bag that visitors can use.

How can you get involved?

Its easy! Get involved in the campaign by refusing single-use plastic bags and bringing your own reusable shopping bags instead. Talk to your local grocers and retailers about reducing their reliance on plastic bags and encourage friends and family to bring their own too. Look out for Plastic Bag Free or Reducing Plastic Bags promotional stickers and posters on shop front windows and



Michelle from Freedom Organics outside her store with a promotional poster

doors so you can shop with confidence! Local businesses can get involved by registering their participation or interest in becoming plastic bag free by emailing plasticbag-freepisr@gmail.com. Or, tell us what they're doing to reduce plastic bags or ask us about alternatives.

For more information or to register please email plasticbag-freepisr@gmail.com or find us on Facebook at [facebook/PlasticBagFreePISR](https://www.facebook.com/PlasticBagFreePISR) or follow us on Instagram at [@plasticbagfreepisr](https://www.instagram.com/plasticbagfreepisr)

You have the power to support and help drive this change in our community! Check list and a few EASY options for your family...

1. Carry reusable shopping bags – purchase one you love from a small local shop
2. Return your boomerang bag
3. Carry a coffee cup and a glass water bottle or two (one with a wide mouth so you can tip the water out of use for the coffee if you forget your cup!)
4. Treat yourself to an ice cream cone or buy wax coated cardboard tubs to re-use as a seedling pot.
5. Cut out soft drinks, juices, and all other plastic-bottled beverages. Try a refillable gas soda stream, kombutcha and fresh organic juice cordials
6. Take your own container to the butcher for local meat and prepared foods (Billy at San Remo is happy to oblige)
7. Re use pillow cases and cotton clothing to replace plastic veggie bags
8. Re-use your paper bags 4 times to make them worthwhile to produce
9. Buy wheels of unwrapped cheese and wrap in muslin – or make your own!
10. Buy from bulk bins as often as possible.
11. Use natural cleaning cloths and scrubbers instead of plastic scrubbers and synthetic sponge, huge range at Freedom Organics
12. Use natural rubber gloves and natural dummies for babies
13. Choose plastic-free hair accessories & tools – wooden brushes and toothbrushes
14. Switch from a plastic razor to a second hand safety razor.
15. Plant seeds in your egg cartons
16. Ask your local health food shop, organic produce outlet or the local IGA's for plastic free options and bulk buying options (We are all on board and happy to assist)
17. Beeswax wraps can replace plastic cling wrap - make your own or ready made ones are available

Please email all your great ideas for no plastic living to [freedomorganicsanremo@gmail](mailto:freedomorganicsanremo@gmail.com)



Phillip Island Walkabout

What a stunning walk along the cliff top path, high above the Bass Strait, following the route of George Bass' coastal discovery voyage over 200 years ago.

You can either park at Punchbowl, and do a return walk but this can take 4 – 5 hours. Or if there are two of you walking, you could leave one car at Kilcunda and then drive to Punchbowl to start your walk which takes about 2 hours one way.

I like to start at Punchbowl as by the time I arrive in Kilcunda, my timing is perfect to enjoy a counter meal at Killy Pub or an amazing hamburger at the Killy general Store. It is truly a win/win situation.

The actual walk is moderate in its difficulty, hilly mostly, but the views make it all worthwhile. This is a magnificent coastline - rough in all aspects - craggy rocks and the Bass Strait driven waves. You understand how so many have lost their lives being washed from the rocks fishing from this coastline over the decades and centuries.

Also for me, I love the history of this area. As you get closer to Kilcunda you will notice that the earth under your feet turns very dark with a sparkly fleck in it. The ground literally turns to coal and strewn about the place is old equipment that once



was part of a functional coalmine of which the entrance can still be seen from the walk in the cliff face.

Actual train tracks used to run along this walk from the Coal Mine to the San Remo Jetty. The coal was loaded into make-shift wagons pulled along the track by horses, the rail tracks ran straight into the ships hull to load the cargo. The mine operated from 1870 to 1883 and shipped 15,000 tons of coal to Melbourne.

Although the walk continues onto Wonthaggi, it makes a better bike track as it is not an enjoyable visual walk. Once you have indulged in lunch, you must go and explore the Kilcunda rail trestle as it make a great backdrop for photos. If you get a chance, check out all the historical photos on the Killy pub's walls. They even show Lionel Rose running over the rail trestle as he used to train in the area with Jack Rennie.

Whether you walk back or drive, this is a 'not to be missed' walk. The scenery and the experience of how small we are when we place ourselves in something so magnificent is humbling.

Beware of warmer weather when the snakes love to get about, although they are quite happy to stay out of your way, but this is an active area and I have seen many snakes during the warmer months on this walk. Water is a must as this is a lengthy walk and don't forget to slip, slop and slap.

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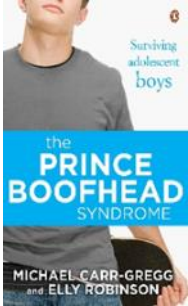
LK1216



Book Reviews

By Turn The Page Bookstore, 40A
Thompson Avenue, Cowes.

Phone 59521444



The Prince Boofhead Syndrome

By Michael Carr -Gregg

RRP \$29.95

The long-awaited, highly anticipated companion volume to The Princess Bitchface Syndrome - the must-have manual for all parents of teenage boys.

Dr Michael Carr-Gregg believes that too many Australian boys have got it too easy - and the result is a generation of 'boofheads'- boys with huge egos who think they are too good to stack the dishwasher or turn up to school. They expect the world and give little in return. But things are about to change.

From the author of the ground breaking Australian bestseller The Princess Bitchface Syndrome and researcher Elly Robinson comes this essential companion book for boys. It serves as both a warning and a rescue manual for all desperate parents - why have some boys today become such egotistical and lazy creatures, what can you do to prevent it, and how do you deal with the situation if you're caught up in the crisis?

This book will ask the tough questions and deliver straightforward advice so that the parents of today can take back control. It is essential reading for everyone living with a teenage boy.



Taboo By Kim Scott

RRP \$32.99

From the two-times winner of the Miles Franklin Award, Kim Scott, comes a work charged with ambition and poetry, in equal parts brutal, mysterious and idealistic, about a young woman cast into a drama that has been playing for over two hundred years.

Taboo takes place in the present day, in rural South-West of Western Australia, and tells the story of a group of Noongar people who revisit, for the first time in decades, a taboo place: the site of a massacre that followed the assassination, by these Noongar's descendants, of a white man who had stolen a black woman.

They come at the invitation of Dan Horton, the elderly owner of the farm on which the massacres unfolded. He hopes that he will satisfy his wife's dying wishes and cleanse some moral stain from the ground on which he and his family have lived for generations.

We walk with the ragtag group through this taboo country and note in them glimmers of re-connection with language, law, country. We learn alongside them how countless generations of Noongar may have lived in ideal rapport with the land. This is a novel of survival and renewal, as much as destruction and ultimately, of hope as much as despair.

Taboo makes a strong case to be the novel that will help clarify - in the way that only literature can - what reconciliation might mean.

Haunted and powerful, Taboo never becomes a revenge story, whether for distant or recent wrongs and Kim has been described as one of the most thoughtful, exciting and powerful storytellers of this continent today and Taboo is said to be his most daring novel yet.

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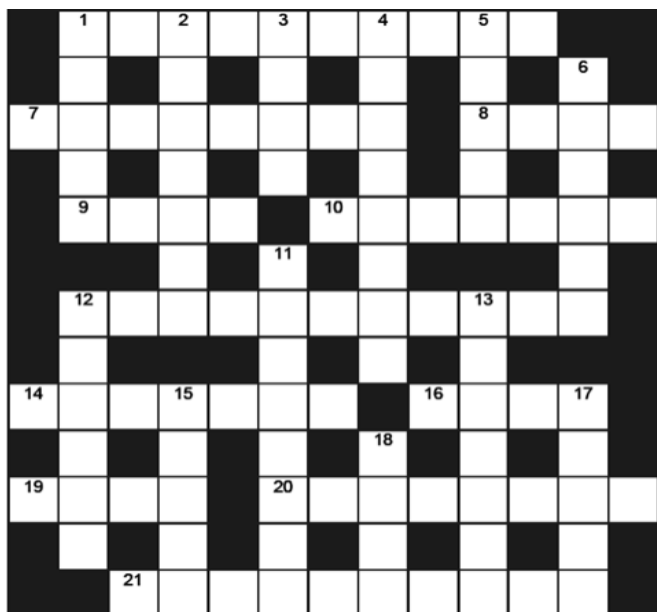


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Brain Food

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



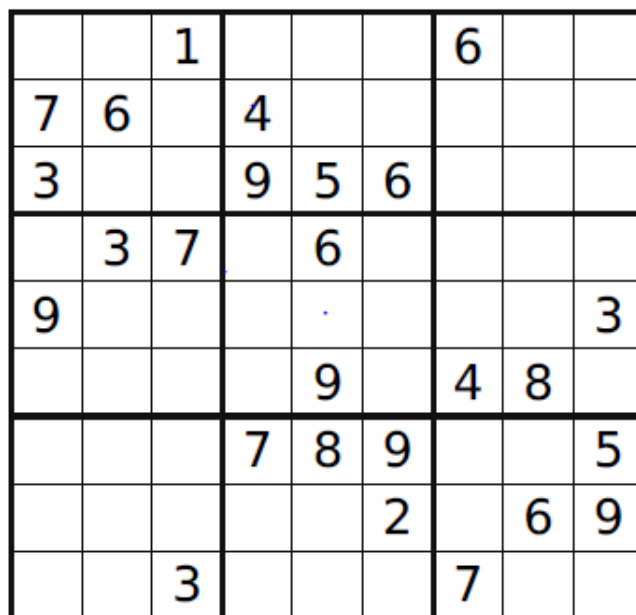
Vibe Quick Crossword 92

Across

- 1 Measures (10)
- 7 Plant expert (8)
- 8 Sinister (4)
- 9 Remain (4)
- 10 Infantile (7)
- 12 Expert in a field (11)
- 14 Nut confection (7)
- 16 Hairless (4)
- 19 Depend (4)
- 20 On the edge (8)
- 21 Triangular sails (10)

Down

- 1 Black birds (5)
- 2 Seepage (7)
- 3 Lure (4)
- 4 In reality (8)
- 5 All (5)
- 6 Prejudiced (6)
- 11 A spice (8)
- 12 Barrier (6)
- 13 By the beach (7)
- 15 2 point basketball shot (5)
- 17 Sketches (5)
- 18 Region (4)



Vibe Sudoku 92 Each row, column and sub-box must have the numbers 1-9 occurring just once.

WHO AM I?

Born in 1890, I was born in Devon, England the youngest of three children in a conservative, well-to-do family. I was taught at home by a governess and never attended school.

I became very good at creating games to keep myself occupied at a very young age. A shy child, unable to express my feelings, I first turned to music as a means to expression and later in life to writing.

I married a World War 1 fighter pilot at the age of 24 and while he was at war I worked as a nurse. While working in the hospital I came up with the idea for my first novel which I finished in a year, although it wasn't published until five years later.

I divorced my husband in 1926 when he told me that he had fallen in love with another woman. I was so upset by this that I disappeared and was found three weeks later by the police. I claimed to have lost my memory and never mentioned this time in my life again.

I re-married a young archaeologist in 1930 and I wrote over 66 novels in my career. One of my most enduring characters was often described as "meticulous, a tidy little man, always neat and orderly, with a slight flavour of absurdity about him". I also wrote numerous short stories and screenplays and a series of romantic novels using the pen name of Mary Westmacott.

WHO AM I?



AFL 2017 TRIVIA

1. When was the last time Richmond finished the home and away series in the top four?
2. Who led the League in total tackles at the end of round 23?
3. Who copped the biggest hiding in a match this season?
4. Who stepped in as caretaker coach for the Sun's final three games after Rodney Eade was sacked?
5. GWS clocked up two draws in consecutive weeks. Who were they against?
6. In what round did North Melbourne score its first win in 2017?
7. Who broke his club's all-time record for games coached this year?
8. True or false: Gold Coast beat Hawthorn twice this season?
9. Including this year, how many Coleman Medals has Lance Franklin won?
10. Which team won the first ever match contested on Good Friday?



What's Cooking?

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OATY APPLE LOAF

WHAT YOU NEED:

Pot ingredients:	125 grms butter
1 Cup sultanas	1 Cup water
1 tspn mixed spice	1 Cup brown sugar
2 apples, peeled & grated	1/2 tspn Cinnamon
1 tspn baking soda/bicarbonate of soda	
Also:	2 eggs, beaten
1 Cup rolled oats	1 1/2 Cps plain flour
3 teaspoons baking powder	

WHAT YOU DO:

Put all 'Pot' ingredients into a large saucepan. Bring to boil, stirring occasionally. Remove from heat and allow to cool. (This is important otherwise you will cook the eggs.) Beat in eggs and rolled oats. Sift flour and baking powder into the saucepan. Stir to combine. Pour mixture into a well greased loaf tin (22cm). Bake at 180 degrees for 45 mins or until loaf springs back when lightly touched. Leave in tin for 10 mins before turning out onto a cooling rack.



We would love to publish your signature dish or family favourite recipe in the Vibe so please, go ahead and send it in.

Recipes can be emailed to: phillipislandvibe@outlook.com

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Spring Cleaning and Home Maintenance feature

Don't forget to spring clean outdoors

Now that winter shows signs of easing and there are some better temperatures forecast, it's time to poke our noses outdoors and have a look around at what needs doing.

Like any spring cleaning list, it is easiest to approach a wide range of chores by dividing them into manageable areas.

For the House

Cleaning the actual structure of your house is easy and will instantly improve its appearance.

Windows: Washing windows and screens will give you a sparkling view of spring even if it's still a bit too cold to be outside enjoying it as much as you want.

Gutters: Cleaning out rain gutters is an autumn/winter chore for many homeowners, but checking them again in the spring will ensure that no debris has become clogged in them during winter storms.

Garage: Cleaning out the garage will give you more space for summer equipment such as bikes, outdoor games, and gardening equipment. This may be a good time to hold a garage sale as well.

For the Deck

Whether you have a deck or verandah, a few simple cleaning chores can turn it from a winter-neglected spot into a fun outdoor gathering space.

Flooring: If you have a wood deck, inspect the wood for signs of rot or decay and make repairs as necessary. Sweep first, then scrub the wood with oxalic acid to kill microbes, and restain the deck if necessary. For a concrete patio, check for chips or cracks that need repair, and scrub away any stains.

Furniture: If your outdoor furniture has been out in the weather all winter, it will need to be scrubbed clean. If it has been stored instead, now is the time to brush it off and return it to the deck.

BBQ: If you have a BBQ, check its connections and operations, following all safety guidelines. Clean the grills and handles, lubricate the lid, and get ready for great barbecues.

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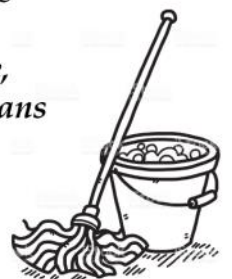
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Spring Cleaning and Home Maintenance feature

Now that spring has finally arrived, it's the perfect time to get a head start on that spring cleaning you've been justifiably putting off. Your list of excuses grows ever shorter.

But, we're not just talking about sprucing up the forgotten corners of your dwelling by chasing a few dust bunnies around. Here's some ideas to get you started.

Clean the oven with bicarbonate of soda

Oven cleaning is a time intensive task but a small amount of bicarbonate of soda can go a long way. Add bicarbonate of soda to water in a spray bottle and you've got your own homemade oven-cleaning solution. You just need to spray the solution on the interior surfaces of your oven, avoiding the heating elements. Leave overnight and wipe clean the next day. If any soda remains, spray with vinegar to remove it.

Remove pet hairs with rubber gloves

Pets are a delight to live with, but a menace when it comes to keeping your home clean. Cats and dogs especially will cast their hairs everywhere. That's where a pair of rubber gloves comes in handy. Because of the material they're made from, and the friction it creates, hairs will naturally stick to them. So whether you need to de-hair your sofa, curtains or bedding, your trusty rubber gloves can sort you out.

Steam clean the microwave

Dirt and grime can easily build up in your microwave. It's one of those appliances you take for granted. So, a good clean will not only get it back to its former self, but also improve its general hygiene. Tackling built-up food and grease normally calls for bucket load of elbow grease, but by using a combination of vinegar and water, you can create a solution that will help you tackle those stubborn stains. Heat a measuring jug with a fifty fifty solution for ten minutes in your microwave until it steams up. Remove the jug and then use a cloth to wipe away the moisture and dirt.

Washing Machine

Don't wash your clothes in a smelly machine. Instead, disinfect it with distilled white vinegar and baking soda to keep it fresh and high-functioning. Run the machine with hot water, then add the cleaning agents, and let it sit for 30 to 60 minutes. Afterwards, restart your machine, let the water drain, and wipe it dry.

Dishwasher

To ensure this heavy-duty cleaning appliance gets all the tomato sauce stains off of your dinner plates, you have to clean it too. First, remove any bits of food on the bottom. Then, run a cycle with a specialty cleanser made for your dishwasher about once a month.

Fridge

This means the outside and inside. Pull out all of your fridge's interior shelving and wash them with warm soapy water. Then wipe down the surfaces that can't be removed on the inside with a sponge before putting shelves back in their place.

Alternatively, if all this thinking about cleaning is getting you down or not that high on your priority list, then call in the professionals to help with your one off spring clean or to help out all year round to keep your place tip top and free up your space time to do the things you enjoy. Check out the businesses featured in this Spring Clean and Home Maintenance feature.

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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 Users Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ruth Scott 59566567 or Ron Hateley 59522549.

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, ball-room 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, Ryhill 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 Lyn Duguid or Liz Fincher, 59566400.

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 59522097.

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 59522097 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, 1.30-4pm. Contact Sue Brereton 0408136717 or phillipislandccaspi@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 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

Phillip Island Patchworkers Newhaven Hall: Mon, 7.30pm, Cowes Cultural Centre: 89 Thompson Ave last Tues of month, 10.30am, Cape Info Centre, Newhaven: 1st Tues of month 10.30am. Contact: Michelle 0418356478.

Paul's Table Community Café meals, every Sunday and Wednesday 10am-2pm and Sundays only for gold coin donation breakfast 8.30am-10am. Bass Hall.

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 every 2nd & 4th Wednesday of the month at St Phillips Church Hall Thompson Avenue Cowes (opposite Coles) All are welcome. For further details Desma Maxworth 0409 136 620

San Remo Bowls Club Winter roll up 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 Tony on 0474 205 369 or Robyn on 0411 549 380.

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

Barb Martin Bushbank, next to Koala Conservation Centre. Only Indigenous plant nursery on the island. Open 9.30 to 3.30 Wed/Thurs and the first Sat of the month. Phone 0407 348807

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](https://www.facebook.com/cowescommunitymeal)

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

WHO-DUNNIT SOLUTION

Leroy deduced from the fact that the driver's seat was freshly blood soaked though he had been thrown free of the car when it hit the rail, that it was the plausible and credible reason the deceased had bled before the accident. Leroy figured he had been killed and placed in the car, which had then been sent down the mountain road. The murderer still lurked out there nearby.

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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](https://www.facebook.com/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](https://www.facebook.com/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



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

The only thing stopping people fishing at the moment is the weather because as soon as it is fine there are plenty of people around keen to catch an early fish or two.

The fish of all species are a bit difficult to find still but each time the winds drop we are getting more and more reports so it will only be a matter of time until the reports are more regular.

The snapper season already is different than last year with far less reports from land based and the reports from boats have been of mixed size fish, something we normally see at the end of the season. The areas haven't changed with the top end of the bay around Spit Point and Corinella the best for the boats and Newhaven and Cowes jetties the best from the land.

This time of the season it's always worth putting in some time fishing the channel along French island as the snapper often use this as a bit of a highway towards the shallower areas in the top of the bay. If you are going to fish in the channel you will more than likely see the snapper on your sounder mid water so to improve your chances add a meter or so of light line to your eezy rig to get your baits higher in the water to where the snapper can actually see it.

With a few cold and windy days and nights still to come, now is the time to finish off your maintenance on your tackle. Everybody services their boats, trailers, rods and reels but when was the last time you checked how sharp your hooks are. I would think even fewer people have a stone in their box to actually sharpen them. The hook is one of the most important items with all of your gear because your \$1000 reel or \$500 rod won't help you if the hook is too blunt to penetrate the fish's mouth. When you go to purchase your next pack of hooks look closer at the price of the more expensive hooks, work it out per hook and you will find they are not that expensive after all. It doesn't matter whether you use circle, octopus or long shank, the better the quality generally the sharper the hook and the longer it stays sharp increasing your chances of hooking your fish.

Also, the time that you spend sitting in front of the heater watching the football finals is the ideal time to tie your rigs for the season. The knots aren't that difficult to tie while sitting back on the lounge but when rolling from side to side in a boat while you are on a hot bite it can be difficult to get it right. All you need is a variety of good quality leader, swivels and hooks a packet of small zip lock bags and time and within a few hours you will have everything ready for your season. Tie yourself a variety of rigs, single and two hook running sinker, paternoster with different length droppers. Also tie rigs with different size and type of hooks both for your snapper/gummies and whiting. More importantly be prepared to change your rigs while fishing depending on how they are biting for the day or the baits you are using. When you do make your rigs make them so they are easy to attach to your gear and buy yourself a bag

with pockets similar to the soft plastic folders to store your zip lock bags in. If you are having trouble tying your rigs or want some suggestions on what type to tie drop in and we will help where we can.

Most of the reports we are getting from our land based customers are salmon and calamari, while even those reports are all over the place things will improve for all species over the next month or so as we get deeper into the season. For calamari target areas like the San Remo jetty and the beach in Cleeland bight, snapper Newhaven or Cowes jetty and for your salmon head to Anzacs beach at Woolamai as it will be the cleanest beach with the rough weather.

Puzzle Solutions



Vibe Crossword Solution 92

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

Vibe Sudoku Solution 92

Quiz Solution 92 1. 2001 2. Rory Sloane 3. Gold Coast 4. Dean Solomon 5. Geelong & Hawthorn 6. Round six 7. Alistair Clarkson 8. True 9. Four 10. Western Bulldogs

WHO AM I ANSWER : Agatha Christie



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