

**FREE**

# Phillip Island Vibe

phillipislandvibe@outlook.com Phone 0407266271 www.phillipislandvibe.com.au

ISSUE 97, FEBRUARY 2018



This edition is the last for Phillip Island Walkabout as these informative monthly articles have now taken us on a walking journey around the whole island so farewell Phillip Island Walkabout.... you've been a great read and have certainly motivated many to get out and explore. Front page photo by Renee de Bondt/Wildlife Coast Cruises.

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*The future has arrived at Newhaven College. The opening of the new Senior Learning Centre and Specialist Art, Science & Technology facility provides the best possible environment to inspire creativity and learning.*

#### One Choice from Prep to Year 12

2018 is a significant year for Newhaven with all students from Prep to Year 12 reunited on one campus. While enrolments are invited for every year level, the main points of entry to the College are Prep and Year 7.

#### A small school with a big heart

Our Junior School takes pride in nurturing our Prep to Year 4 children in their early years of learning, and our success lies in producing happy, considerate, empathetic and well-rounded young people.

With a strong academic focus in a caring and values-based environment, we help our students to develop confidence, resilience and a 'have a go' attitude. Every child is encouraged to strive to reach their individual potential.

Students enjoy small class sizes and a community atmosphere where friendships can flourish. The primary levels have two small classes at each year level which increases to four classes from Year 7 onwards.

Middle and Senior School are right next door, so a familiar environment and positive mentoring experiences from older students provides for a seamless transition into Years 5 to 12.

Places are available in Years 1, 2 and 3 in 2018 with a few places remaining at some other year levels.

For enrolment enquiries contact Belinda Manning on 5956 7505 or visit [www.newhavencol.vic.edu.au](http://www.newhavencol.vic.edu.au)

#### Year 1 - 3 Vacancies



## Newhaven College Enrol Now

1770 Phillip Island Rd,  
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## Phillip Island Walkabout



We have come to our final walk, linking up a complete rotation of this special little Island that I call home. It has been a pleasure being your tour guide and I hope you continue to explore Phillip Island as it is an endless treasure trove sharing all of its wonders with those that take the time to appreciate them.

To close our loop we need to start at Cowes and wander the docile beach to Ventnor where the gracious Captain Grossard watches out over McHaffies Reef from his grave.

This walk, like the Rhyll beach walk, is a stroll along broad sandy beaches; dabbled with red rocks that give this area its distinct look.

This is about 13 kilometres, a non-challenging return walk. If you only have time to walk one way you will need to park a car at Grossard Point, Ventnor, then drive to Cowes and start at the jetty and follow the coastline.

Keep an eye out for the assisted breeding program of the endangered Hooded Plovers. The population is fragile and slow in growth as these small birds choose the public beaches to lay their eggs and feed at the shoreline where the general public loves to frequent. This immediate area is very popular with holidaymakers and their beach activities as the conditions are perfect for boating, jet skiing and accommodates families perfectly with natural shallow pools when the tide is out.

Just over a kilometre into the walk you will see Anderson St. boat ramp where the Boat Ramp Café presides. I highly recommend you drop in for a Hot Chocolate and Cheese Burger, well that's my favourite, there's plenty more to choose from.

Around the next bend, red rocks really kicks in and if the tide is coming in there may be a bit of easy climbing to do to get through.

Take time to appreciate how different this small island's coastline is. Each walk we have done has been very unique in its structure and composition and it never ceases to amaze me how diverse this Island is. There are an assortment of different walks for every weather condition, tide level and physical ability.

Half tide is the best for this walk as it reveals the rocks and the pools that entice many different types of birds including the regal looking black cygnets. As you come to Ventnor look for the tower at McHaffies Point, as there is a staircase to the left, in the bushes before you come to the tower that will lead to your car in the car park.

Always have stored in your car – a windbreaker, a hat, sunscreen and water – the essentials for any walker. I've enjoyed sharing my walks with you and if you would like to stay connected join me on facebook at Phillip Island Walkabout.



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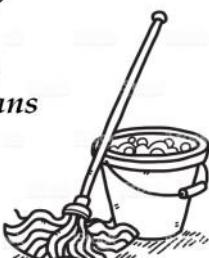
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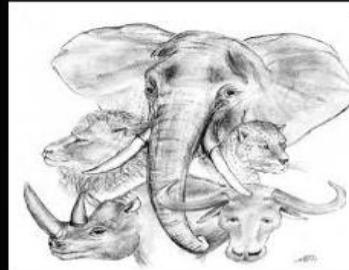
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## LEROY'S OUT OF AFRICA SERIES

OUR NATURAL WORLD  
this month  
featuring the Lion

I couldn't wait to use my camera circa 1960, so when a friend urged me to take it to the Kruger Park, I figured that would be a perfect opportunity to test it out.

I thought I was the bees knees with this magnificent, modern of form camera. Modern it may have been at the time, but both antiquated and extraordinary complicated it seems now. For starters, it did not record audio, but the real blame was the fiddly way it had to be operated. The light meter had a black vertical line that had to remain steady in the middle of the lens. Simultaneously you had to keep the object you were filming centred at all times and just to complicate things further, in order to zoom you had to focus on the subject then move backwards and forwards to follow a moving object.

So, every day we drove around in the boiling hot sun with no air-conditioning in my old Fiat, looking for anything worthy to capture on my camera. I was driving along a winding dirt road when we came upon a family pride of lions lying on a raised bank alongside the road.

The budding producer in me was all excited to film them and I focused in on the subject. The large male lion stood up and moved towards the car. This was hard work. How to focus and set the light meter and move backwards or forwards. With all this fiddly business going on I did not notice the lion, drawn to the whirring of the camera, creeping right next to my open window. I heard a gargled whimper from the passenger seat next to me, but it was only when my view through the lens became very blurred that I took the camera away from eyes to see why: the lion's yellow eyes were staring at me-12 inches from my face.

Thank heavens I left the engine running, the car in gear and my foot on the clutch. The car jolted forward and pulled away so fast that the lion jumped backwards with fright.

Checking out the rear view mirror, I was horrified to see that it had given chase and was buzzing along right beside us. I willed the car to go faster as the lion tore along through clouds of dust.

The lion was significantly faster than the acceleration from my car. But after about 100 metres with the car finally at full tilt much like Usain Bolt, the lion accepted that the chase was futile and it gave up.

No doubt its heart was not beating nearly as fast as my own. After all these years I remember this incident often and thought to write a note of it for the Vibe but I have also invested in a better camera and even have a smart phone courtesy of a birthday present and should I ever face the situation again then I'm reasonably confident I can do it without having a lion or another feline chase after me!! All part of the fun and excitement of the game parks of South Africa.



# Phillip Island Historical News

*Found a lovely piece written by Marjorie Amess and published on 9th March 1907.*

*I spend a lot of time at Churchill Island and it still is as she describes it. How lovely that 111 years later we enjoy the same space.*

## Churchill Island

'Grandfather bought Churchill Island in 1872. Now it belongs to my father and is situated in Westernport Bay, near Phillip Island. It is one mile in breadth across the widest part, four miles in circumference and two miles in length. We are the only people living here, except the manager who has rooms not far from the house. The house and orchard are surrounded by large pine trees, some of which are as high as 80ft. There are 150 acres, these being divided into nine paddocks. We go in for grazing in a small way. Each of the paddocks contains at least two or more waterholes. We have four landing stages and three boats. We always spend three months here at Christmas time, when we have a number of friends staying with us. We have a jolly time going for picnics and having impromptu dances, which are very amusing, especially for the onlookers. We have a large cannon in the orchard, which belonged to the American war ship Shenandoah and was given to my grandfather by a friend. There is also a large flagpole in the front paddock, which is about 50ft high, and on special occasions we hoist the flags.

The house contains seven rooms and there are two bedrooms away from the house called the barracks, which are the bachelor's quarters. We have a large bell, which belonged to the Kerangie (1879 shipwreck Samuel Amess purchased for 85 pounds) and on New Years Eve we ring it to bring in the new year. When we came down here for the holidays the grass was very fresh and green but now it is dry, and the grass seeds are a very great nuisance.

The only misfortune is that the beach is not sandy. Right round

there is nothing but large rocks, except in some places where there are small pebbles and broken shells. Sea bathing is one of our favourite pastimes. We have four bathing boxes but unfortunately we can only bathe at certain times as the water goes out for about a mile and leaves nothing but mud flats. We sit down in the garden under the pines and have afternoon tea, where we always seem to get cool breezes even on the hottest days,

yours sincerely, Marjorie Amess.



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*Meet a local  
community volunteer*



Irene is pictured at right with other Friends of the Library volunteers selling raffle tickets for fundraising.

Irene McKell is a volunteer for the Phillip Island Friends of the Library and is the current president. Welcome to the Vibe Irene and thanks for chatting with us.

**How long have you been volunteering here?** I am in my fourth year. I moved the Island to retire and found that volunteering in a couple of different groups was a great way to socialise and meet people.

**What do you do when you're not volunteering?** I am also a member of the View Club committee and the TOWN club.

**What is the best part about your job?** I love books and believe that in this world of so much technology it is even more important for kids to be exposed to and connect to books so anything I can do to help this happen is worthwhile. I love to encourage children to visit the library and read books but also to explore the other resources on offer.

**What did you do in your working life before becoming a volunteer?** I have always loved Phillip Island and wanted to retire here. Amongst other jobs I used to work as a reconciliation clerk for a large lingerie company.

**Can you tell us one thing about yourself that your colleagues might not know?** I have just celebrated 53 years of living in Australia. I was born in Glasgow, Scotland.

The Friends of the Phillip Island Library Committee support the library in many ways including fundraising, book sales and providing catering as required. There is also a monthly book chat held Feb—Dec on the first Wednesday of the month. Anyone is welcome to attend. If you are interested in becoming involved with the Friends of the Library Group you can enquire at the Library.



# Cowes Indian Restaurant

3/134-138 Thompson Ave, Cowes

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## What's Cooking?

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This original recipe was submitted by local Rhyll resident, Ian Burns

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Dispel the myth that rabbit is "dry". Any meat, including lamb, can be dry if not cooked correctly.

Firstly; half fill the sink with water, just enough to cover your bunny. Add 3x tablespoons of salt and a splash of white vinegar. Let it soak for 40-50 minutes. This will lightly blanche the meat and reduce any bruising.

Place oven paper onto an oven tray, put your bunny onto it. (pre-heat the oven to 180C). Liberally sprinkle olive oil all over your rabbit, sprinkle (both sides) with "Chicken Seasoning Salt", sesame seeds and, lightly, sprinkle dried chilli flakes. (optional) Place a small lemon into the chest cavity.

Place in oven to cook (40-60min., depending on size of rabbit). Baste constantly.

Enjoy eating by hand with a cold beer!!

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## Tres Chic Interiors with Maison de Provence Metricon's Latest LookBook Theme

Inspired by the chic abodes of Paris, Metricon have launched their latest LookBook theme, Maison de Provence, to provide interior enthusiasts with unrivalled design advice on how to pull together this elegant and Tres chic style with ease.

Parisians seem to have an innate sense of style, distinctly feminine and elegant, embodying all the romance we conjure to mind when we think of the 'city of love'. Maison de Provence is based on a very soft and refined style aesthetic that can often require considerable effort to make it appear effortless.

Showcasing how this aesthetic cleverly combines the finest components of classicism with an elegant and refined twist, carefully curated by Metricon's design team, the interactive LookBook features design tips and tricks to help easily bring the style to life, room by room.

Local Metricon Interior Designer, Michelle Goddard says, "This

opulent scheme is inspired by the grandeur of Parisian flair, epitomised by soft colours and bold accessories.

"Maison de Provence can be achieved from the beginning with a soft colour palette of whites and duck egg blue. Bold contrasting colours and patterns are then introduced in floor rugs and cushions, while gold accents are seen through finer detailing in lighting and fixtures.

"The key to bringing this opulent theme to life is pairing traditional features with modern luxe. Marble finishes, decorative mouldings and velvet details add the real points of difference and charm.

"The French are synonymous with style, and although inspired by the same region as our other popular LookBook theme, Maison Classique, Maison de Provence is distinctively more lavish and evokes more of a modern metropolitan feeling, than the more traditional style of Maison Classique, and while more contemporary it still has the nonchalance to stand the test of time—and is resilient amid trends.

"Maison de Provence is perfectly suited to those who enjoy luxurious fittings and high end style. Our interactive online Lookbook features hints and tips for how this theme can be brought to life" said Michelle.

Designed to help prospective new home owners and redecorators explore and recreate the style, the Maison de Provence LookBook shares building and décor tips for every room in the home.

To explore the new Maison de Provence theme visit [www.metricon.com.au/lookbook](http://www.metricon.com.au/lookbook) or for interior inspiration in the flesh visit the Metricon Bohemian display in Cowes.

### "If we build it they will come"

#### **Phillip Island Miniature Light Railway Inc.—No. A0101394F**

##### **A 7½" Narrow Gauge Railway**

*The Phillip Island Light Railway Inc. is now a registered Incorporated Association. Our planning has been completed by the Committee who have agreed to go to Stage 1.*

##### **STAGE 1**

We are very keen to hear from anyone who would like to be a member. No fees will be charged until we have a paddock but when we find our home, we will be charging a \$50 annual fee for the first year. Your membership will entitle you to access of the Railway when completed. Your help with the build as well would be great. Enjoy the companionship and the fun of being part of a Railway and with training, drive our Locos or be a Guard or use the workshop, run the signals, do some gardening or painting or maybe be a Guide for visitors and many more things yet to be thought of. Anyone owning a Locomotive is very welcome. Maybe you would like to build a Loco? There will be some casual employment opportunities as well.

Our Island families will get much joy from our Railway. We will be able to offer passenger rides 7 days a week between 11am and 4pm. Perhaps with some evening runs in our Summer season. Birthday parties, Father Christmas and Easter events will be exciting for our 'Littlies'. However, as Islanders, you will know that we have over 1.8 million visitors. Our visitors come with many little ones. Some of them have been costed into our Business Plan and will help to develop our Railway and to keep it viable.

##### **Would you like to be a part owner of a Railway?**

The Railway will be funded with an offer of equity based shares through Crowd Sourced Funding. The investors will be protected through the Crowd Sourced Funding process by legislation. A licensed intermediary will control the process.

For membership or share issue information, please contact:

The Secretary, Phillip Island Miniature Light Railway Inc., P.O. Box 2011, Cowes, Vic.3922. Bev 0417 578 435 or Geoff Bowen on 0429 419 011 [Bevmunro2@gmail.com](mailto:Bevmunro2@gmail.com)

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# *The Historic Story of "Victory", one of the oldest Coutha boats in Victoria, 83 years young and still loves to go to sea*

My farther Fred Osterland wrote to Rosebud boat builder Mitch Lacco in October 1934 enquiring what price he would build a 24 ft. boat for (like the Cliff boats). The reply was 160 pounds. He also stated that at that particular time he was very busy. If he liked to wait till the coming winter he would build one like Mirabella's for the same price. Fred duly commissioned Mitch to do that. The result was one carvel planked hull of NZ Kauri Pine. They then plotted to get "Victory" to Rhyll.

Fred Osterland and Frank Jansson sailed "Victory" from Queenscliff to Rhyll as the old Regal engine refused to go. During that trip the new Coutha Boat creaked and groaned all the long trip but arrived in Rhyll sound and dry to start a long life fishing the waters of Western Port Bay and the coast of Phillip Island. To this day from what Jim told me "Victory" has never had any timber planks replaced, only a dozen new copper nails when the Kelvin 20 hp new motor was installed in 1966. That motor which is a Scottish master piece is still running perfectly. Wow that's amazing. Jim imported all the spares for the motor when he bought the Kelvin engine in 1966, none of the spares have been needed and they are all still in the original packaging. You wouldn't get that today!

I am told that not long after bringing "Victory" to Rhyll Fred had a stroke so Jim had to leave school and run the boat. He did that until 1996.

"Victory" is a piece of Maritime history still a beautiful piece of magnificent timber boat building. This boat was built with no corking that is nothing between each plank to seal the hull, only perfectly matched hull planks that have kept the water out for

## The Combined Churches of Phillip Island

### **Phillip Island Baptist Church**

Cnr Settlemen & 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 ThompsonAve 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: anglicanparishbassphilipisland.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  
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83 years.

When she is out of the water for an extended time the planks shrink, when relaunched she leaks for 8 hours then the planks swell and she is sound and dry. How amazing is that?"

The Mitch Lacco Coutha Boats are amongst the most sort after historic sailing boats in Victoria and a regatta is held in Port Phillip Bay each year.

The reason the Coutha boats were built to be very fast sailing is because fishing boats with the first loads of fish back at the market got the best price so this was the incentive to build fast boats.

What a beautiful sight to see these boats under full sail, even today it is a sight to be seen.

By Allen Sherlock



Jim Osterland with "Victory"



Coutha boats at Rhyll many years ago

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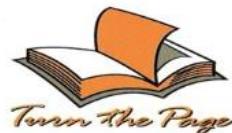


Victory has been looked after and well loved over many years, currently on a swing mooring at Rhyll. Annually antifouled and general service always done at the Rhyll historical slipway **STILL IN USE** and very cheap to service, she has hydraulic steering and has been in survey for fishing trips in Westernport Bay.

Victory is offered for sale with a great many engine spares, but with the Kelvin diesel motor I have never needed to replace anything. Dual batteries with solar panel, automatic bilge pump for security on the mooring. Victory starts easily everytime and uses very little fuel.

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## Book Reviews



**"Tinkering: The Complete Book of John Clarke"**  
by John Clark  
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The sudden death of John Clarke in April 2017 cut short the life of a man who was not only a great and much loved entertainer and satirist but a wonderful writer.

Tinkering- The Complete Book of John Clarke represents his work from the 1970s in both Australia and New Zealand, and includes his writing for radio, television, stage and screen, as well some previously unpublished pieces.

This collection includes the irresistible commentaries of Fred Dagg, the hilarious and unforgettable absurdities of farnarkeling and selections of his famous quizzes, where he gave the answers and readers had to guess the questions. There are also moving recollections of people and places, many of which he wrote towards the end of his life.

Introduced by Lorin Clarke, Tinkering is the perfect way to remember the genius who made us all laugh at ourselves and our society for so many years.

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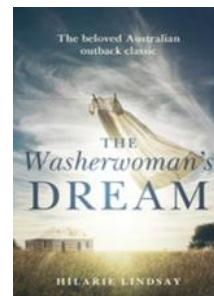
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by Hilarie Lindsay

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The epic true story of the indomitable Winifred Steger and her extraordinary life in 19th century outback Australia.

Winifred Steger travelled to Australia with her father in the 1880s when he took up a land grant in north Queensland. The grant proved to be worthless, and faced with poverty, endless backbreaking work and isolation, Winifred's father spiralled into depression and alcoholism.

Left to fend for herself, Winifred battled insurmountable odds to maintain her dignity and sanity, finding solace in writing to ease her hardship. Fleeing an abusive marriage also meant the heartbreak of abandoning her four children – but then miraculously she found love with an Indian trader, Ali. Together with their children, they moved to outback Australia where they ran a camel line. A new phase began in Winifred's life, taking her to places she had only ever dreamed of.

The Washerwoman's Dream is the story of a remarkable woman with a tenacious spirit, and is now an enduring Australian classic. Pieced together by Hilarie Lindsay from Winifred's memoirs, short stories, letters and unpublished novels, this is an account of the amazing life of a forgotten Australian writer.

'One of the hardest punishments is to be thrown into the world with aspirations and dreams that cannot be fulfilled for want of education.' Winifred Steger

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**A classic who-dunnit mystery  
from our esteemed off-shore  
crime writer, Leon Herbert  
LEROY ON THE SCENE**

Cops and robbers resemble each other, so there's not a lot to learn in terms of learning the logistics of committing the crime or investigating the crime- get the picture?

"You're the crime scene technician?" Leroy asked the slovenly middle-aged man who had just arrived at the front door of the murder site. "May I see some I.D?"

The man was dressed in a police windbreaker and carried a crime kit. He flipped open his wallet and showed the laminated identification. It was a well-worn card, and the photo was curling slightly at its edge. The photo matched the man's face and Leroy let him in. Despite all the crime scenes the sleuth had visited, he'd rarely been left alone at one. But five minutes ago, his friend Inspector Jack Flint and his men of the Cowes constabulary had been called away to deal with a confirmed sighting of the killer. Leroy wasn't all that fond of car chases and opted to remain at the scene.

"A technician's coming," the Inspector informed him as he and his men left. "Don't let anyone else in."

"Which room?" The technician looked bored but competent.

Leroy led him towards the back of the impressive house, talking as he went. "The victim is Petrov Spassky, a corporate bigwig. The killer broke in and bypassed the security system. That, combined with other facts, makes me think it was a hired professional." In a poor attempt at levity and an equally weak attempt to demonstrate Leroy's ignorance of a former Russian chess champion, the technician speculated in a soft voice that it could possibly be a revenge hit by a disgruntled chess Russian chess player.

The attempt to score and to upstage him was not lost on the famous sleuth who responded that the killer's gambit might well be a replay of the well known Petrov defence, something well known in chess lexicon. To turn the knife further Leroy said to this pseudo chess aficionado " Like Boris Spassky, my forte is the middle-game. I have a good feeling for the critical moments of the play particularly when examining the moves of my adversary." The technician silently cursed his inability to check mate with an appropriate riposte.

Whereupon they walked into the sumptuously decorated bedroom. A man in his early forties lay just inside the bathroom, a ribbon of red trailing from a single gunshot wound to the head. The bedroom itself was a mess—broken lamps, torn sheets, feathers from a burst pillow.

The technician played with the corners of his moustache. "What a mess."

Leroy shrugged. "My educated guess is Mr. Spassky saw him coming and put up a struggle. The maid and the gardener arrived in the middle of all this. They heard the gunshot and saw the killer running out the back. They gave us a rough description. In his rush, the killer might have left something—fingerprint, hair follicle, bullet casing..."

"Well, that's my job," said the technician. He was putting on gloves and opening his crime kit when the doorbell rang again. Leroy left him to his work and returned to the front door. A beautiful woman wrapped in a fur stood on the front porch, leaning against a marble

column. Leaning against another column was a youngish man in a hand-tailored suit.

"I am Vesper Spassky, the police informed me of my husband's death," the woman said coolly as she tried to push her way inside. "I want to see him."

What a strikingly beautiful woman Leroy thought, not unlike the description of the exotically named girl Vesper Lynd in Ian Fleming's book Casino Royale . Leroy quickly managed to pull himself together. "I believe you and your husband were estranged," was his opening gambit. "He's still my husband and this is still my house. Let me in."

The youngish man now stepped forward. "I'm Mr. Spassky's business partner, Eddie Curtain," he said with an ingratiating smile. "Are you with the police?"

"I'm with them, yes," Leroy answered. "And I can't let anyone in."

"This is illegal," Mrs. Spassky fumed and snarled, displaying brilliant white teeth and very some skimpy lingerie within the fur.

"Actually, it's not," said Leroy. He continued to hold his ground, preventing the widow and the partner from gaining entry. This stand-off ended when Leroy's cell phone rang. He closed the door in their faces before answering.

"Leroy?" It was the Inspector . "We've found another victim. It's an unidentified man killed in a lane behind the new Coles Supermarket, less than about a mile from you. A witness described the same sort of man seen by the maid."

Leroy thought for a moment. "Inspector, come back here. Now. There's someone of interest you need to talk to before I possibly become the third victim."

**What does Leroy suspect? What triggered his suspicion?**

**See page 18 for the solution.**

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## FREEDOM ORGANICS FOOD FOR THOUGHT

### MUSHROOM MAGIC

Doesn't it always feel like there is some great new, fun and sexy health fad claiming that it will make you feel younger, transform your body and take your health to the next level?

The word "superfood" has become an overused and ubiquitous term in our culture today that doesn't always promote or serve up the proper nutrition and benefits that we all deserve. We wanted to introduce you the worlds most nutrient dense and well-studied superfood in a delicious and practical form, that is convenient and easy for you to incorporate into your daily life.

#### POWDERED MUSHROOMS!

Mushrooms are fast becoming the next "superfood" and for good reason. There are so many good reasons to consume medicinal mushrooms like Reishi, Chaga, Cordyceps and Lion's Mane due to their nutritional and healing benefits.

It is easy to add these mushrooms into your daily routine, no matter if you're Paleo or vegan. You can mix them into your morning coffee or add them to delicious recipes as they are now widely available in powdered form.

#### Wild Chaga Mushroom (*Inonotus obliquus*)

Chaga has a rich history in Siberia Russia where it has been used for thousands of years as a health-promoting tea and tonic. Chaga is a good source of vitamins and minerals, which make it one of the most alkaline foods. In Chinese medicine, it is referred to as the "gift of God". Its broad range of remarkable benefits makes it one of the most nutritionally dense foods on the planet. Hailed as "King of the Medicinal Mushrooms", Chaga has shown through considerable research to have powerful immune boosting, skin nourishing, antioxidant supportive, and energizing effects.

*Benefits of Chaga Mushroom include increased energy, healthy brain, gut and digestion, glowing skin, boosts antioxidants, immunity system, endurance and boosts performance.*

#### Cordyceps Mushroom (*Cordyceps sinensis*)

Cordyceps has been used for over a thousand years in China and Tibet. Cordyceps is one of the best sexual tonics that is commonly used for impotence, sexual malaise, and frigidity. It's a superb liver tonic that increases vitality and mental energy and is one of the superstars in Chinese tonic herbalism. In ancient times, wild Cordyceps was so highly prized and valued by the emperor that they were illegal to possess if you did not belong to the ruling class. Cordyceps is a potent lung and kidney tonic that is known to increase brain power and strengthen the structural integrity of the body - lower back, knees, ankles. Cordyceps' broad range of benefits include being a superb athlete's tonic for building physical strength and power.

*Benefits of Cordyceps Mushroom include increased mental energy, boosting libido, liver, brain, kidneys, boosts immunity, hormones, anti-aging and performance.*

#### Lion's Mane Mushroom (*Hericium erinaceus*)

Lion's Mane is a powerful superfood medicinal mushroom and popular in Traditional Chinese Medicine and is said to give one "nerves of steel and the memory of a lion." It grows wild, hanging on logs and trees and it gets its name from the white cascading tendrils that resemble a Lion's Mane.

Lion's Mane has been used to promote additional brain power, boost cognition, regenerate nerve cells, improve memory, concentration, and muscular coordination. It can also be very helpful for the gut and digestion. Lion's Mane is a powerful superfood mushroom to include into our diets as part of an intelligent protocol for brain and mood health. It benefits the brain, nervous system, and immune system.

*Benefits of Lion's Mane Mushroom include brain, mood, memory, energy, stress relief, gut and digestion, nerves and immunity.*

#### Reishi Mushroom (*Ganoderma lucidum*)

Reishi is also known as Ling Zhi. It is one of the most famous and highly revered tonic herbs of all time. Reishi mushroom is the most widely studied herb in the world and is often referred to as the "Supreme Protector" and "Mushroom of Immortality." Reishi is the ultimate anti-stress herb. Its ancient wisdom works to protect us on every level - physically, immunologically, mentally, and spiritually. It helps support the immune system, heart, and liver. It is precisely this activity that helps provide additional power and clarity for us to achieve a superior level of life. It has a long history of use in Ancient China by Taoist monks and sages for cultivating spiritual energy, reducing stress, calming the mind, and transforming negative energy in the body.

*Benefits of Reishi Mushroom include reduces stress, heart, liver, lungs, kidneys, hair and skin, elevates mood, immunity, promotes sleep, nervous system, increases energy and soothes allergies.*

#### Maitake mushroom

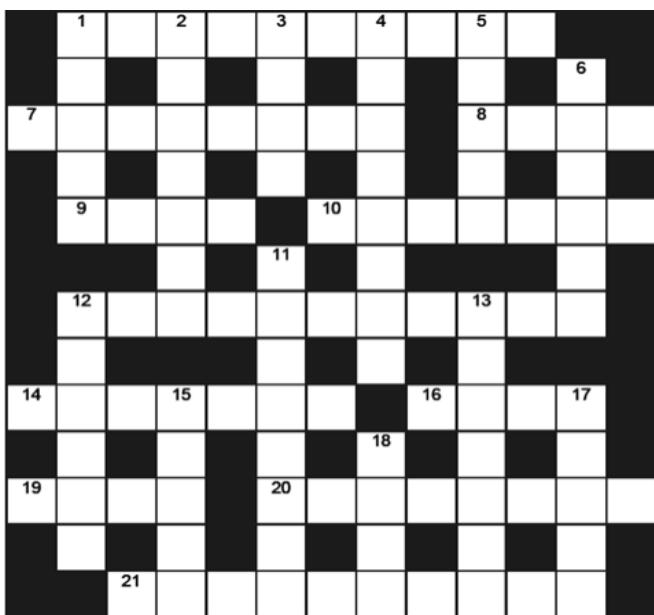
Maitake mushroom is a powerful superfood for the immune system. It is one of nature's richest sources of beta-glucans, complex natural sugars that are among some of the most potent and natural immune forces ever discovered. Maitake is commonly called "hen of the woods". In Japanese, it means "dancing mushroom." In ancient times, it was named so because people who found the mushroom danced with joy. The name also derives from the image of the fruiting body looking like butterflies in a wild dance. Maitake might be one of the most important immune boosting foods available, making your quest to stay healthy an easy one. It is a premier culinary mushroom that has been treasured for thousands of years throughout Asia as a health tonic.

*Benefits of Maitake Mushroom include stress less, mood, heart, energy, immunity, bones and spleen.*

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## Brain Food

**Find all the answers & solutions to Puzzles & Quizzes on page 18 (No peeking!)**



Vibe Quick Crossword 97

### Across

- 1 Going backwards (10)
- 7 Bare bones (8)
- 8 Leave out (4)
- 9 Cease (4)
- 10 Nestles (7)
- 12 Not pleased (11)
- 14 Greed (7)
- 16 Self-satisfied (4)
- 19 A girl's name (4)
- 20 Addition to a document (8)
- 21 Chemical reaction with water (10)

### Down

- 1 Garden tools (5)
- 2 Runs (7)
- 3 Consumes (4)
- 4 Cheerfully optimistic (8)
- 5 Smell (5)
- 6 Inspected (6)
- 11 Recliner (8)
- 12 Holy (6)
- 13 Expresses grief (7)
- 15 Prepared (5)
- 17 Increases (5)
- 18 Precious stone (4)

## Q&A

language in the world? 4. What kind of animal did Bill Clinton have in office? 5. What is the world's largest active volcano? 7. Yerevan is the capital of what country? 8. What are the names of the 7 dwarfs from the Disney movie "Snow White and the Seven Dwarfs?" 9. Snoopy from the comic Peanuts is what breed of dog? 10. Chile shares the majority of its border with which other South American country? 11. What did the famous Hollywood sign, located in Los Angeles originally say? 12. Granny Smith is popular type of which fruit?

1. In 2011, which country hosted a Formula 1 race for the first time? 2.
- Which chess piece can only move diagonally? 3.
- What is the most spoken

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

Vibe Sudoku 97



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

Yet another inconsistent month of fishing and while we have seen some very good quality fish we certainly haven't seen a pattern to the reports. That is of course for offshore where it still never ceases to amaze me the reports we get, and the variety of fish caught.

While offshore is not for everyone because of boat size or you just aren't confident, it can be a real day of surprises not knowing what you might come home with. Boat size is a big safety factor as to why people don't go out we get a lot of comment from people that they just don't have the confidence to head off into the deep.

While I understand their reasoning, the truth is sometimes you are fishing offshore in less water than parts of the bay. In regard to safety, this is no different than anywhere you go in a boat - drive to conditions, only go out when it's safe to do so. I have several customers that only have small boats and enjoy fishing offshore, again in the right conditions and right areas.

The biggest difference offshore is of course you are in open water and swell becomes a factor and when the wind gets up with swell and wave combined, it is a lot different than in the bay.

I hear all too often from people that hurt themselves or break something and the blame goes on the conditions which is completely wrong, it comes back to driver error.

Continued on page 17

**Continued from page 16**

Drive to conditions, be prepared to drive slower, and maybe you will have to tack to plot the safest way home. We have been out before where a 1-hour trip out takes twice as long to get home because conditions change. So just pick your day and only travel a short distance to start with and ask your local tackle store for the best winds to head where you want to go.

The other problem with offshore and one that affects many is sea sickness. I think some get it because of the nervousness of where they are but plenty are genuine and once you are out there is nothing you can do other than come back into the bay.

I know myself I take something for it and suggest those who are coming out for the first time do the same. Another thing I find, especially through the summer, is people feel seasick at the end of the day after they have been fishing for hours but then when you ask them a few questions you find out the real reason they are unwell probably has more to do with being dehydrated and not seasickness. A few things that can help with feeling that way while offshore is to do everything normally, have a normal breakfast, take food with you for lunch and snacks and most importantly keep drinking, water preferred and more than you normally would at home. Another thing that helps is to keep your head up and watching the horizon. If you are someone that likes fishing it's worth trying a few things including a trip to your Dr who may give you something more suitable than over the counter medicine.

As you might have guessed this has been another month of not a lot of reports unless you were fishing offshore where at times the reports were hard to believe except for the photos to prove them. Bluefin tuna, Kingfish, Mako, Blue, Bronze Whaler, Thresher sharks and a huge variety of bait fish. There was plenty of flathead and some of the biggest salmon I have seen caught off here, genuine 3kg and bigger, in good numbers also. While it might sound like there were fish everywhere, as always there were more boats out than fish caught and not everyone as lucky as others. The best part about most of the reports from offshore is the majority of the fish were caught in under 40m of water so not a lot of travelling needed.

Back in the bay and it's been anybody's guess as to where to go or even what to target for the day over the last few weeks. Before the moon in early January fishing was ok and just typical of summer with it being patchy during the day with all the boat traffic. It has improved slightly at the end of the month, but you still need to be prepared to spend time looking. Unlike offshore, it sounds like there have been no fish at all in the bay and for the majority of people this is the case but for the lucky ones they have found the fish and bought home some very good catches for the table. As I always say when people in the shop ask me how the fishing is going, the reports I give are yesterday and today and tomorrow most probably be totally different.

That's Fishing!



## **Health and Healing with Pip**

### **Resolutions vs Intentions**

It's the start of 2018 and a lot of my clients are talking about their plans for the year.

Losing weight, getting fitter, buying a house, changing their job, etc. etc.

I say: 'Great!! Goals are good. Goals help us focus. And ... what happens in a month or so when your resolutions get buried in your day to day life? Do you beat yourself up? And you feel like a failure?'

I'd like to make a suggestion to help you shift your mindset and achieve your goals for 2018.

Okay, first, STOP MAKING RESOLUTIONS!

Even the word sounds so ... serious ... so ... intense ... so ... final. Dun Dun Daaaaaaaaaa! (just a little 'Croods' reference)

Let's change the word to INTENTIONS.

If you don't achieve a RESOLUTION ... it can feel like a huge deal.

If you don't do what you INTENDED ... it feels more like choose again and go in a new direction.

Which is more supportive?

Second, let's look at the mindsets behind these two words.

Resolution = A fixed mindset ... if I don't do this, I can't change and I've failed.

Intention = A growth mindset ... if I don't do this, I've learnt a lesson and I can try something else.

There are many ways to cook an egg.

Here is my suggestion ... if you have made resolutions in the past and not achieved them, then beat yourself up, it's likely that you have not finished anything you started.

Truth is, it is much harder to achieve a goal when you are coming from a mindset of fear and pain.

Whereas, setting an intention for the year is coming from a mindset of love and kindness ... why not intend to be happy, feel good rather than bad, be kind to yourself and others, focus on self-care, enjoy time with your family, make more 'me time', have fun, be passionate, be courageous, try new things ... The focus is on BEING rather than DOING.

Tony Robbins says we also need to set up clauses to support ourselves. Make it so you can't fail.

For example, if you'd like to meditate once every day and then one day you do two (yes – go me!!) ... that is a bonus that you can use on any other day when you may not have time. Or you can reward yourself with something special that day for being excellent at self-care. It's a win/win.

In that space you are in a more powerful state to create your best life.

Abraham Hicks says that if we are feeling good we are going the right way, if we are feeling bad we are going the wrong way. How are you feeling?

**If you'd like to learn more specific techniques to feel good ... contact Pip Coleman on 0437670820.**

**Or email: [contact@consciouscoursesandtherapies.com](mailto:contact@consciouscoursesandtherapies.com)**

# Puzzle Solutions

**Quiz Solution 97** 1. India 2. Bishop 3. Chinese 4. A cat named Socks 5. Mauna Loa in Hawaii 6. National Aeronautics & Space Administration 7. Armenia 8. Happy, Sleepy, Sneezy, Dopey, Grumpy, Bashful, Doc 9. Beagle 10. Argentina 11. Hollywoodland 12. Apple

**First Friday Philosophy.** Series of lunch time discussions of some big intellectual questions. Next meeting Friday March 2. Harry's on the Esplanade. \$35 includes lunch. Book or enquire by emailing gurdies@australiaonline.net.au

**Phillip Island Miniature Light Railway Inc.** will have their first AGM on 20th February at the Cowes R.S.L. in the Boardroom @ 7.30 pm. All welcome. RSVP would be helpful. Geoff Bowen 0429 419 011

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Vibe Crossword Solution 97

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

Vibe Sudoku Solution 97

## Who Dunnit Solution

Nervously, Leroy waited in the front room. Every instinct told him to flee the scene. Less than a minute later, Flint and his men drove up. Leroy ran out to greet them, nearly knocking over the beautiful Mrs. Spassky on the way. "I'm sorry, I'm sorry," he shouted. "I let the killer into the crime scene."

"You did what?" Flint shouted back.

"He must have left some evidence in the bedroom. He came back to destroy it."

Flint motioned his men to go around back, then drew his gun and entered the house. "What are you talking about?"

"That body you found in the lane. I'm guessing that's the real crime scene technician. The assassin killed him, then took his equipment. He went to a photo machine nearby and changed the man's I.D. Then he came here, pretending to be the technician. I let him in."

Leroy's explanation was interrupted by the sound of gunfire from behind the house. Both men waited. "Inspector?" a voice called out. "We got him."

"Thank goodness," Leroy sighed. "I should have known his I.D. was fake. The card was laminated, and yet the photo was curling at the edge. Obviously, he glued his own new photo on top of the real technician's photo." He smiled wryly and added "every picture tells a story." They both laughed.

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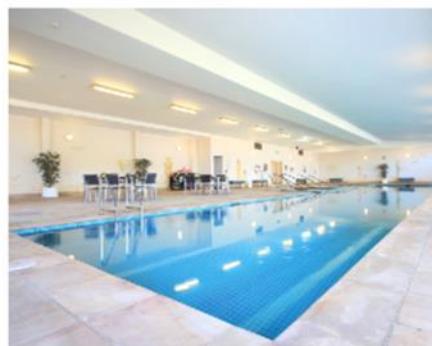
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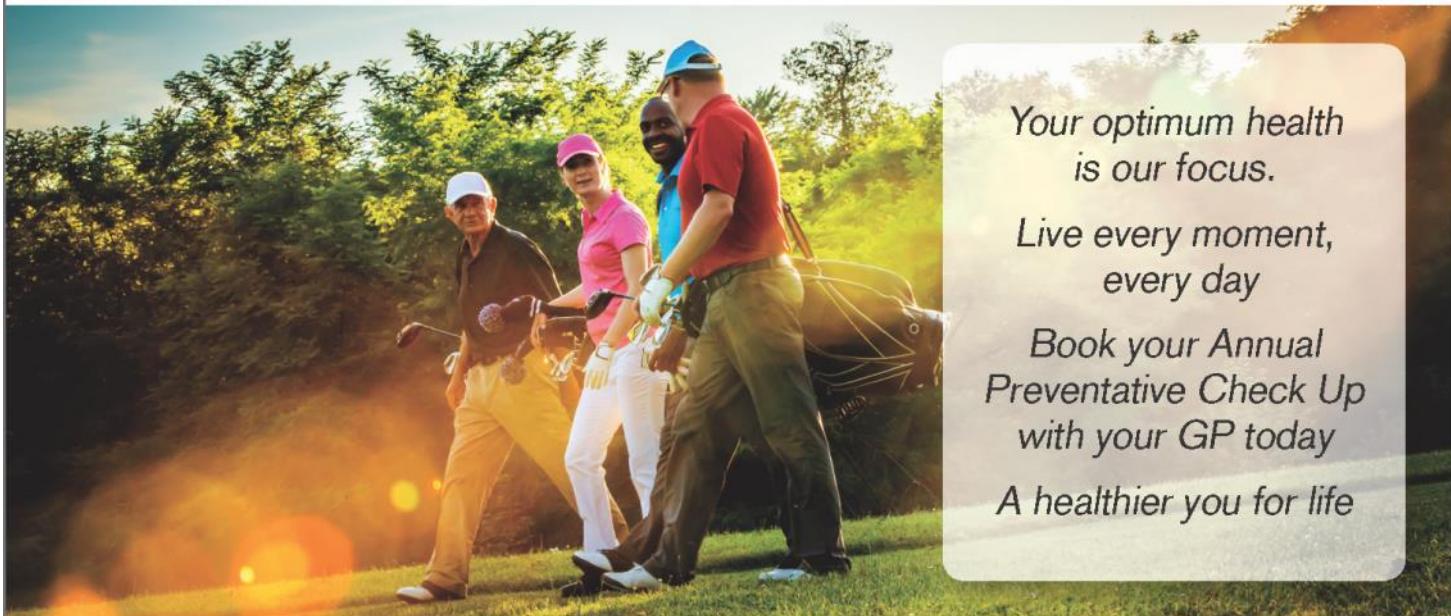
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### ls | Long Street Family Medicine

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