

LORNE INDEPENDENT

\$2

No 153 August 2014

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Lorne lights up with Performing Arts Festival

Friday 29 – Sunday 31 August 2014

Lorne will once again come alive at the end of this month to host the now legendary arts and music event – the 4th Annual Lorne Festival of Performing Arts.

Over three days and nights, Friday 29 until Sunday 31, over 3000 people are expected to bathe in the lights and magic of this exciting festival by the sea, with the event hosting some of Australia's best cabaret, sideshow, circus, theatre, comedy, visual art and music events, as well as a plenty of free outdoor street performance for kids and families

This year's Festival kicks off in fine form with the Opening Night Spectacular in the Circus Oz Big Top, a smorgasbord of bite-sized tasty morsels showcasing just about everything that is on offer throughout the weekend including DJs, burlesque, theatre, music, and circus all crammed into one big spectacular opening night to pop the champagne cork on the 2014 Festival.

Coming out from behind the cabaret curtain this year are two critically acclaimed, genre-busting stage works

from Moira Finucane. The Feast of La Gypsy Argentina sees her delve into the realms of her trademark rapacious and sensuous storytelling, and Finucane & Smith's Glory Box sees the globally-acclaimed performer in a subversive spectacle of wild-child circus and live art exotica. In a stunning stage extravaganza (not for the faint hearted) at the Festival Tent, League of Sideshow Superstars also sees four of Australia's elite sideshow artists including Shep Huntly, Tigerlil, Ariel Manx and Great Gordo Gamsby perform mind-blowing feats of skill and daring.

Treading the music floorboards for 2014 are a number of top-notch acts from very near and very far. Charismatic powerhouse singer Mikangelo pulls off a deep and beautiful vocal trifecta in Cave, Waits & Cohen; Mighty Duke & The Lords will whip up a tropical evening of calypso dance rhythms; Spanish flamenco guitarists Sergio Ercole and Valentino Gikovsky present a night of Latin masterpieces; Melbourne's The Little Stevies ride into town for

More information and detailed program pages 16, 17, 18



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The Lorne Independent Inc. is produced on a non-profit voluntary basis and, as a newsletter, seeks to give in its pages open access to the community. It is important to note, however, that opinions expressed by authors of articles are their own.

Advertising and publicity for community events is free, and all other contributions are most welcome. Supplied copy and pictures must bear the name and address of the author and/or organisation.

The editorial committee of the Lorne Independent reserves the right to cut, alter or otherwise work the articles to make them suitable for publication. The committee also reserves the right to reject articles and/or photos if it deems the material to be unsuitable for publication. **Please note:** Absolute deadline for copy is four days before the end of the month.



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Amended Point Grey Draft soon to be released

The Great Ocean Road Coast Committee (GORCC) has resolved to make several changes to the Draft Point Grey Precinct Plan, with the amended document to be released over coming weeks.

GORCC CEO Richard Davies said the Committee's decision making process has included careful consideration of the strong community and stakeholder feedback received during the previous phase of consultation.

"This process has also included in-depth discussions with key stakeholders on the Point Grey site, including the Lorne Aquatic and Angling Club.

The Committee has decided on several amendments to the document, including:

Adopting a two building concept (the Lorne Aquatic and Angling Club to be independent from the restaurant and in a similar location to the current clubrooms) including a northern access entry road.

"Project consultants Tract will now prepare an amended design based on these directions from the Committee and it is expected that this will take several weeks," he said.

Once the amended draft is finalised, the document will be released for comment and submissions will be sought from key stakeholders and the wider community.

"GORCC will also meet with the project's Community Reference Group and Agency Working Group to gain feedback on the amended draft," said Mr. Davies.

Mr. Davies said submissions and feedback received would then be taken into consideration in the development of a final plan.

"Many groups and individuals have shown great interest in this important project.

"The Committee wishes to thank you all for your ongoing input into the process and for your patience during these most recent deliberations," he said.

- GORCC media release

Returned Soldier Lorne book launch

The Lorne launch of local James Prascovic's book **Returned Soldier** will be held at the Aquatic Club on Thursday August 7th at 5.30pm.

This is an opportunity to meet the author and listen to him speak about his nearly nine years as an ADF elite soldier, his subsequent mental setbacks and his courageous battle to make people more aware of depression.

As part of his challenge to overcome his setbacks, James recently motored across Bass Strait and back to Lorne in a 4.55m open aluminium boat, and he now has more ambitious plans to further draw public attention to his cause.

James will be introduced by Jo Vondra, Lorne Independent editor. Lorne Book shop will make a contribution to James' cause.

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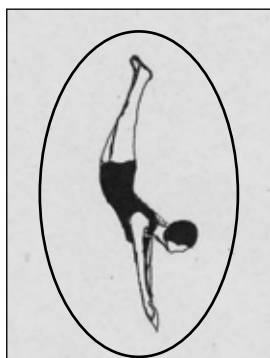


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The Louttit Loop



The cockatoos seem to be taking over. More of them, more mess from rubbish bins, and now they sit atop the mainstreet bins and flick wrapped leftover food parcels open for a feast. Hundreds of them or so it appears. The GORCC team have now screwed some hardwood heavy blocks inside many of the beachside bin lids – an initiative which came from our local school – and one which actually works when nothing

else does. Please, if YOU have not taken this simple action - get busy!

Lorne's hills, beach walks and bush treks keep most residents a tad fitter and hopefully healthier than many other non-active folk. The group of local ladies now residing and being spoiled in our terrific nursing home is evidence of this – all in mid and late 90's.

And happy 90th Birthday to the amazing Loris Yorke who celebrated recently with a lunch for 38 family members, 28 of whom share these excellent genes. Loris has eleven grandchildren and 12 great grandkids, and still works flat out as a volunteer at the op shop. Recently she demanded two of her daughters help her scrub the dirty red Mail Box by the Erskine (near the Supermarket) which was no longer a brighter shade of red! Beautiful now. John Morrison will be delighted as he often commented on its condition.

Lindsay Pitt has passed away, not very long after his dear wife Roma. Seems very sad. He did such a wonderful job devoting himself to nursing her for so many years. Our Anzac Day esteemed elders' headcount is further depleted just prior to the big anniversary, and our community will miss this gentle man. The Hackett's Hackers golf group of retired gents, all with funny nick names, dubbed Lindsay "Pitt the Younger" - after the English politician of the same name who became Prime Minister at age 24 in 1783 and of course was the son of Pitt the Older! Sympathies to Karen, Anthony, Gaye and families.

Kevin Sheedy spent a wonderful evening and shared an excellent meal with a group of Lorne's Essendon supporters recently. Springy purchased the Sheed's night at a Casey fundraiser auction and David at the Lorne Hotel obliged beautifully with excellent accommodation for the footy legend, and opened up The View restaurant for the elite group which really added to the 'special' night. And the Dons contributed by posting a two point win the following weekend killing the Pies! Sheedy played and coached a remarkable 929 games over 47 years! All in all a great reason to swing one's jacket round and round over one's head!

Alan Green was part of this awesome Essendon night - being collected from his rehab at Geelong's Grace McKellar by Whealy, and driven back by Ken from the "hardware plus" shop! Now Al is happily home in his own little bed with his fluffy girlfriend "Milly". Good luck Al.

Dot Puttifoot is also at Grace McKellar recovering from a bit of a turn, which explains why we haven't seen her little daffodil yellow car tootling round our Lorne streets.

Be very very careful crossing bridges on the short Stony Creek walk. All are slippery as! And the second fairly newish bridge is on a dreadful angle, almost slipping into the creek.

An engineer from the Shire has been investigating for quite a while now.....

GORCC have been very busy planting! Looking to the not so near future we hope, they are planting quite well established replacement trees for the beautiful aging row of Monterey Cypress trees (Golden Cypress) at the back of Mantra. The current trees will not be removed, and are expected to last another ten to twenty years.

And at the start of the Stony Creek Lily Pond walk there are what seem to be hundreds of Shire plantings with protective plastic screens round them. "All different sorts of natives to see what thrives and what does not" they reckon. Thanks guys.

Our excellent Lornecare group have also been working and planting in the Stony Creek valley when weather permits! They badly miss their leader Camel who has been in hospital getting one of his heart pumps replaced. Surely his turn for a new heart is just around the proverbial corner!!

If you are new or newish to Lorne and have a toddler and/or a baby, a beautiful small playgroup for littlies, siblings and their Mums meets on Thursday mornings at the Figtree - so please join them.

Lock up your cars! We read of troubles in Torquay with groups from Geelong targeting unlocked cars and doing quite well thanks to careless folk who leave money, phones, etc etc in said open cars. One group were surprised trying to nick a car in Lorne recently but were chased by 'firewood Toby' who took off after them despite the fully laden trailer on the back of his ute. Scared them off though. You have been warned to be very vigilant.

Sometimes it takes almost as long to unwrap your tightly Glad-rolled home-delivered newspaper as it takes to read it! Not any more! Papers now arrive in a simple plastic bag sealed at the top. QED.

How beautiful the big bunches of yellow wattle in red containers look on the outdoor tables under the red umbrellas at the Swingbridge Café. Excellent coffee too – optimistically open for business Wed, Thurs, Fri, Sat. and Sun from breakfast till 2.30ish over winter and now owned and run by Jorge and family.

Some new house-owners in Lorne have one of the most elevated views over Louttit Bay from their large modern dwelling. Pretty appropriate as Captain Louttit was a relative! Our sheltered little Bay was apparently named after this particular Captain who called here on a voyage to London in 1841 - reportedly with the first consignment of wool from Geelong. In fact, Lorne was named Louttit until about 1870 when it was changed to the current 'Lorne'.

Check out our schmick and smart, massively renovated netball courts and thanks to the Shire for chipping in. Men's Shed will be next – bring it on!

Lorne lights up at the end of August with our annual Festival of Performing Arts! Keep an eye on our shop windows in the couple of weeks leading up to the big weekend as there is a competition for the most outstandingly attractive or creative window relating to the Festival! The judge will be the superbly well qualified Tony Swift, albeit hobbling thanks to a broken toe!

So...if you are nicking off for some sunshine, some blue skies, a hot holiday, or whatever – make sure you're back on 29th August when the fun starts in Lorne (at various venues and in the streets). Prebooking advisable.....**Lillian**

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LorneCARE News

- caring for our environment

Joining in a LorneCare working bee is a practical way of learning about Lorne's magical environment and showing your love for it.

This month we will be working along the Doug Stirling Walking Track between the Surf Club and the Pier.

We will meet in the car park at Lorne Point at:

10.00am on Sunday 17 August

As usual, our working bee will be followed by a barbecue at about 12.30pm. Visitors and new starters will be made especially welcome.

For more information about LorneCare contact:

Alain Purnell Tel: 5289 2906

Mobile: 0417 031 905

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Lorne Independent

Depression is an insidious disease which can come down at any time on the young and the old, the healthy and those not so fit, the rich or poor, and at its most extreme it can lead to death.

It does not discriminate.

It can hit those who believe in god, and those who don't; it can affect people of every creed, race or sexual persuasion.

No person is really immune.

Unfortunately, the disease has wide ramifications. It's not just the individual who is affected but also partners and immediate loved ones, the extended family and circle of friends, and finally, even the wider community.

It's like a stone thrown into water with the ripples expanding ever outwards.

Lorne had cause to ponder on this disease recently with the death of a well-known member of the community, as well as the publication of James Prasevic's marvellous book *Returned Soldier*.

It is also significant that there was a big turn-out at the newly renovated Football and Netball Club to hear Stu Fenton, counsellor and gestalt psychotherapist talk on the subject.

The Lorne Community Hospital, as part of its community service has a dedicated team of health professionals who, through lectures, consultations and publicity continue to emphasise that should you suffer symptoms, or notice a change of behaviour in others, seek help.

Unfortunately, depression, and a wide range of related and complex off-shoots of this disease cannot be cured by self-medication and certainly there is no magic pill to offer immediate relief.

Health professionals can, at the initial stage, only offer warning for vigilance.

Ultimately, however, it is up to the individual to do something about it, and to find professional help.

Communication is a major feature on the way to a possible cure.

The ability to talk to others about a problem, any problem, is often that important first step along our life's journey, be it taking on additional education, training for sport, general fitness, a new career, problems of the heart ...

Often too, that important first step comes down to a simple gesture, a simple act – hesitation when you decided whether you're going to play golf on a not-so-favourable morning; the decision to hit the water for a swim when the temperature might not be all that comfortable; the first sentence to an important letter...and then you take that first step.

A first step leads to another, and then another ...

And so it is with depression. If you notice something's wrong within yourself, or in others, say something.

Make that first move, take that first step.

Help is out there!

- Jo Vondra



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What's it like to be a Refugee?

Television has given us a picture of the miserable plight of people flying from home because of war, revolution, persecution, earthquake or famine. Italy, Ethiopia, Lebanon, Bangladesh all tell the story. How can we help? The national organisation of Austcare, meaning "Australians Care for Refugees" was established for this purpose under the patronage of the Governor General, the Prime Minister and the Leader of the Opposition, and acts on our behalf. It saves people from dying, helps them to help themselves, and is deeply involved in places of world need.

Austcare conducts its national appeal with a door to door canvass. You will not be called on in Lorne, but you have the opportunity of helping people in distress by leaving your contribution with Mr. W.G. Roache, President of Lorne Lions Club, Mr. E. Babbington, Leader of Lorne Cubs, Rev. Father Paul Mereovich, Rev. L. Bull or Rev. S.A. Goddard, who will see that it is given to Austcare. Your gift will save someone from drowning in a sea of human misery and help to lift him into a new life of security and dignity.

---oOo---

CATHOLIC CHURCH,

ASCENSION MASS

Thursday 27th (tonight)

7.30 P. M.

The illustration above shows the front page of Lorne's newsletter from 1976.

Topics just keep on repeating themselves. With thanks to the Lorne Historical Society.

Childhood memories of Lorne in the 1940s

Leaving the beach after a day of swimming and sandcastles, seeing smoke drifting up through the trees as people wound their way home to light the chip heaters for bathing, and the wood fires for cooking the evening meal ... Surfers using surfboards with a curved end. Boy! Did they hurt if one was hit by a board.

Playing on the Pier with the trolley, the fishermen used to carry the fish from the boats to the co-operative ... as long as we replaced the trolley where he found it the fishermen were happy for us to play with it ... hours of fun with other children while my grandfather and father fished.

Driving from Deans Marsh, Dad coasting with the engine turned off to save petrol, probably after Benwerrin ... travelling along the narrow unsealed Great Ocean Road for

picnics and fish trips, worried we'd go over the edge as Dad eased the car around for the return trip.

The milkman delivering milk to the back of the gate in a billy.

The Trans Otway bus from Colac and the one special occasion being left in the bus driver's care to come to 'Nan's' by myself ... of course Keith Fulton, the bus driver was well-known to our family ... he came down Stirling Street and dropped me off at the gate!

Walking up to Teddy's Lookout and Devonshire teas at the Log Cabin!

We were forbidden the Penny Arcade but I had older cousins and brothers ... roller skating, what fun! ... looking for cowry shells on Shelley Beach with great competitions among our family ... great forays into the bush above Stirling Street, dragging home wood for the fires ... learning to swim in Batson's Pool, a secret of North Lorne own 'Little Colac' which was a naturally formed pool in the rocks accessible at low tide.

My children and grandchildren have learnt to swim in this pool too!

Playing on the Swing Bridge, waiting for an unsuspecting person to come along and making them unbalanced physically!

Lorne for a child in the 40s was idyllic walks, beach, monkey faces at the bakery and Sennitts Ice Cream.

Pauline Walker

For the Lorne Historical Society



The Forrest Brewing Company at Forrest is looking for a head chef and a front of house manager. Great opportunity to make your mark. Call Sharon 0414 669 026 or email info@forrestbrewing.com.au

Kylie raises funds for leukaemia

Kylie, the popular bar worker at the Lorne Bowls Club is taking part in the U.G.L.Y Bartender 2014 event and is asking for generous support for a worthwhile cause. The link is <http://my.leukaemiafoundation.org.au/Lorne>.

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News from our Councillor for the Lorne Ward

Lesley and I recently returned from a fantastic trip to Jordan, Israel and Dubai - our trip to Petra in Jordan was one of highlights - although visiting the many historical sights certainly put a different perspective on my understanding and appreciation of the region both from the current perspective and past centuries. What a shock it was to return to winter in Lorne having experienced temperatures in excess of 35 degrees each day; it was fantastic to hit the Great Ocean Road and return to our paradise.

Vegetation removal in Lorne

A number of people in the Community have recently asked me about vegetation removal. I have summarised the current controls below :

Controls

- Most residential areas of Lorne are covered by a Significant Landscape Overlay 4 (SLO4) that requires a permit to remove vegetation native to Victoria.
- This control focuses on the value native vegetation plays in a character sense rather than an environmental sense eg: the value of the canopy effect from large blue gums that people associate with Lorne.
- Normally vegetation removal is considered in combination with dwelling development. Replanting to respond to the landscape is a key factor. The Neighbourhood Character Overlay that looks at building outcomes and location of buildings links to the SLO4 by encouraging an area of 100sqm to be available on sites for landscaping.

Exemptions

There are exemptions to native vegetation removal which include the following:

- The SLO4 exempts the need for a permit for dead vegetation, vegetation within 2m of an existing dwelling, vegetation less than 3m in height and environmental weeds.
- There is also a broad State Govt exemption under 52.48 to assist with bushfire management that states that no permit is needed to remove any vegetation within 10m of an existing dwelling and no permit to remove any vegetation except trees within 30m of an existing dwelling. In a BMO area this exception allows any vegetation except trees to be removed up to 50m from an existing dwelling.

I appreciate the above can be confusing and key messages are:

- Generally large trees will need planning permission to be removed unless close (2m to 10m) to existing dwellings.
- Other lower vegetation can generally be removed without a planning permit under the 52.48 exceptions (30m to 50m from a dwelling)
- Where a new house is being proposed with vegetation removal this is normally assessed in combination.
- Where a permit is needed, revegetation to achieve alternative landscaping outcomes will be expected and these will be considered in light of bushfire management principles.

Please do not hesitate to contact me if you require further clarification

Cr Clive Goldsworthy

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Lorne raises money for *beyond blue*

A number of important key messages were addressed at a local fundraising event held at the Lorne Football Netball Club to raise awareness about depression, anxiety and suicide.

Guest speaker Stu Fenton, counsellor and gestalt psychotherapist, talked about the most common mental health issues, depression and anxiety. He explained that friends can recognise the symptoms of depression and anxiety in others, by noticing such things as changes in behaviour, increased aggression or low mood, changed sleeping or eating patterns, loss of interest in usual activities, and greater use of alcohol or other drugs. Friends can help, Stu says, by telling the person you are worried and giving them the opportunity to talk about how they feel.

Jess Steven, local resident and event organiser said, "The Lorne Football Netball Club has been touched by mental health issues in the past, so I thought it would be a fantastic opportunity for local residents to show their support for *beyond blue*".

"My main goal is to raise awareness about suicide and what can be done to reduce stigma and encourage people to take action, particularly in a small rural community", said Ms Steven.

Over 80 people attended the fundraising nightheld at the Lorne Football Netball Club all wearing a 'touch of blue'. The total figure raised was around \$2,500, which will be donated directly to Beyond Blue.

"Without the support from Great Ocean Road Real Estate, Lorne Community Hospital, Lorne Football Netball Club and Ladies with Lunch, just to name a few, this event would not have been possible", said Ms Steven.

Lorne Community Hospital, Health Promotions Coordinator, Het Ramp urges the friends of people with mental health issues to tell them they are concerned and offer to help them connect with a local GP, counsellor, or *beyond blue*. For information and support for depression anxiety and suicide prevention, contact beyondblue on 1300 224 636 or visit www.beyondblue.org.au.

Re-launch of Deans Marsh cottage

The Deans Marsh Community Cottage recently welcomed two new coordinators Ruth Hamilton and Donna Nolan. Ruth and Donna are both Deans Marsh locals and are passionate about the success of their community.

Donna says, "This is an exciting time for us and Deans Marsh. We are so looking forward to re-launching the cottage as a welcoming and supportive community hub."

Ruth and Donna have already put together a term 3 program including a range of new workshops such as photography basics, shellac etching and random basket weaving. Ruth says, "The cottage also welcomes a new 'Cottage Kids' movement and music program based on the concepts of 'Brain Gym' as well as monthly 'talks' for adults with a focus on improving health .

Monday mornings, beginning term 3, Ruth and Donna invite everyone to have a free coffee at the Deans Marsh General store from 9.30 – 10.30am to meet them, talk about ideas and have a general chat.

The cottage website is up and running and provides full program details as well as information about a range of otherlocal activities. Jump on and have a look at deansmarsh.org.au.

For more information on activities and programs contact the cottage on 5236 3388 or email cottage@deansmarsh.org.au.

Anglesea One Act Play festival

August 16 & 17, 2014

The Festival is now in its 24th year and will offer 17 short plays over two days.

Session Times - Sat 1pm & 6:30pm, Sun 10am & 2pm
Ticket Price - \$30 weekend gold pass, \$15 per session with tickets available at the door.

Theatre companies will travel from Melbourne and many part of Victoria to take part.

Lorne's own Iris Walshe-Howling will perform in 'THE RAIN' again as one of the three entries by APA and directing one of the other plays.

Janine McKenzie will direct the other one.

Official opening at 6pm on Saturday with the awards ceremony on Sunday. Festival cafe will be open for drinks, and snacks all weekend.

A detailed schedule of all entries and times will be posted on our website, www.angleseapeformers.org.au

More information: Christine 0408 444 199

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Sportsbriefs with John Ford

Running into Runners

My wife Wendy and I have just returned from a month's holiday in Italy and Southern France. Amazingly while we were in the small lakeside town of Bellagio we 'ran' into Lorne's premier female runner, Lucie Coutts! Neither of us knew that the other was even on holiday so you can imagine the shock and surprise. Most readers will have seen Lucie running along the roads and beaches in Lorne over the past fifteen years or more. While Lucie was running for pleasure, Wendy and I were simply running away from the cold weather in Lorne.

Lucie was on holiday ahead of a milestone birthday with her mother Genevieve and we chatted at an outdoor restaurant. The following morning it was just like being at home as we waved to her as she pounded the pavement along the banks of the lake. This was really an amazing coincidence to both be holidaying there on Lake Como in the north of Italy at the same time. On chatting after our return to Lorne we both agreed that this was a spectacular place with beautiful hills and snow-capped peaks. The photograph shows Lucie (centre) with Wendy, and myself still looking a little stunned at the meeting. From a sporting perspective the Europeans were enjoying the World Cup soccer and the cycling races Giro d'Italia and Tour de France.



Stibling Reserve Official Opening

On Saturday 19th July the official opening of the upgraded facilities at Stibling Reserve took place. Lorne was host to Birregurra on the day and the football teams played well. Lorne's Reserves team kept up with the opposition for most of the match which was a gallant effort considering the range of ages making up this team. Birregurra was able to pull away in the last quarter and the final scores were not a true reflection of the closeness of the match.

Lorne's Senior team played really well against Birregurra. At half time only a few points separated both teams. In the third quarter Birregurra showed why they hold fourth place on the CDFL ladder by outscoring Lorne by three goals. In an even last quarter, Lorne had chances to close the margin but fell short losing 11.7.73 to Birregurra's 14.15.99.

Dolphins in Lorne August 2nd

The Dolphins play their last home match on 2nd August, with the final home and away match being away at Simpson.

This will be your last chance to cheer on the football and netball teams. You really must arrive early enough to watch the netball, where the junior teams are performing so well. Against Birregurra five of Lorne's six teams had wins. The 15 and Under Team is on top of the ladder and these young teams are winning their matches most weeks. The young players not only play great netball, but also are taught to be scorers, umpires and even do shifts in the canteen. This is really impressive. But the real news is that Lorne's A Grade Team will play in the finals for the first time for about twenty-five years! See Shelley Ryan's article below.

Dolphins A Grade Netball

The groundwork for the 2014 season was actually laid last year by Carly and Shelley who recognised we had the bones of a very competitive side but culturally things had a to shift a little if Lorne was to be truly successful. It has been a long time since Lorne has even made finals - winning & a true belief in success must be taught. After so many close games whereby we were competitive but not converting in the 2013 season Carly and I decided to take on the challenge of co-coaching this year and take us from being competitive to contenders. A few notable new recruits allowed us to balance the team and a solid pre-season campaign focused on ensuring we were as fit & physically strong as the top sides always are at the beginning of the season.

We have largely focused on our own structures, set plays, discipline and switching the rest of the competition's perception of us and that has given us some good results to date. We have a long way to go, we still have things we take into each week to work on but it has been a really enjoyable season. The girls are all very committed, intense and so much fun to play with. We are so excited about finals.

Shelley Ryan & Carly Enticott - Co-Coaches

Tennis

Over the winter months a couple of tennis players have managed to win a Premiership in Colac. Lorne's Geoff Couper and Kurt Norton have joined former Lorne sportsman Jason Langdon and Colac's Darren Rosevear in the A Reserve competition at the Colac Indoor Tennis Centre. The competition was played over four months on Monday nights and this team, calling themselves the Coasters, were able to win the Premiership. The standard was very good - I know because I filled in on a couple of occasions and found the competition very tough. It was a great achievement that they went on to be Premiers. This team has now been promoted to A Grade for this new season which will be a big test. Well done guys!

Two of Lorne's younger tennis players, Oscar and Frazer Balderas played in a round-robin tennis tournament at the Centre Court Tennis Centre in Geelong on 11th July. The tournament was held on the last Friday of the school holidays and was divided into groups according to age. Players from areas including Geelong, Colac, Lara and Grovedale all played impressive tennis. Oscar and Frazer both played well, and while beaten they were not disgraced by their opponents. This was a very good effort as both boys are playing football this season and had few opportunities to practice for the tennis tournament.

Send articles to byswerdi2@bigpond.com
Or post to: 35 George St, Lorne 3232.

Aquatic Club news

In the Commodore's Report (which appears on the Monthly Newsletter page) club members are being kept abreast of developments regarding the future of the Point Grey site. It is now a work in progress and in the hands of GORCC. It is important that all members recognise the need to remain vigilant regarding any proposals that come to light, so keep your ears to the ground!

Fishing report

With cold and wet conditions prevailing and a southerly wind blowing it was no day to launch a boat and yet again all fishers were confined to shore to test their angling skills. The sixteen contestants brought in eight fish to be assessed, and there was tension in the air as the judges weighed and measured each one. And what a narrowly won result it was! Graeme Norton is having a very good season and prevailed again in the Senior Division. His garfish earned him 2382 points to place him first in front of Ian Middleton with 2273 points for his salmon. I have been doing a bit of forensic on this and by using the old rule of 4/5ths of 2/3rds of Not Much, have calculated that this equates to about a teaspoon salmon of

scales or about three millimetres in garfish beak length. There was no third place in this Division.

First prize in the Juniors was taken out by Laura Wallis with her grass whiting beating that of Zaiya Kovacic. Grass whiting have been caught in large numbers from the Lorne Pier in recent weeks and this gave first time entrant Zaiya the opportunity to have success at her entry to competition. She has earned congratulations for baiting her own hooks and in adopting a catch and release approach to angling. It was great to see that all junior competitors caught fish on the day and this will be encouraging for them all. It is expected that photos in the Lorne-Aireys school magazine will help to generate even further participation.

Thanks go to Keane & Best Bricklaying for sponsoring the prizes for this third round of the WINTER CUP. - **Doug W.**

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The on-going fight of a former ADF soldier

Very early in his account of his time as an Australian Defence Force soldier, James Prasevic writes that war is not a video game that can be stopped or re-run. Brutal reality is what war is all about, and that means bringing into the act all the modern weaponry that's available to the soldier.

War doesn't really spare anyone – there is the obscenity of death and the physical and emotional scars for the survivors. Real war is certainly not glamorous.

James Prasevic who now calls Lorne home was an elite infantry soldier in the ADF for nearly ten years and 'Returned Soldier' is his own story on how he came to join up, his intense physical and other training, his combat experiences in East Timor, Iraq and Afghanistan, his subsequent return to civilian life and his continuous battle with Post Traumatic Stress Disorder, major depression, anxiety and alcohol abuse.

The writer Ernest Hemingway was once asked why he often used military jargon and he answered that military speak was the most effective way to communicate. Early in his account, James writes that in the ADF everything is an acronym and indeed it helps enormously if you keep a pad beside you while reading this fascinating book to understand the constant use of abbreviations. And in line with a soldier's account, the story is written in a sharp, focused style, without padding or undue emotion or embellishment; it is a superbly told story.

James grew up in Colac, and after qualifying as a plumber, he drifted into various jobs in his own town and in Melbourne. One day he came across an advertisement to join the ADF, not as a tradesman as was recommended, but as an infantry soldier.

A good half of the book is about his training, and subsequent deployment in Timor Leste, Iraq and Afghanistan, and it is obvious from his writing that he liked the regimented, organised life-style of the Army which tested him physically, emotionally and professionally.

It was in Afghanistan where he worked for a period as a medical orderly and experienced firsthand the horrendous physical trauma suffered by combatants and civilians, that was, in many ways, the start of his gradual slide into mental problems.

Always a high achiever, James had his heart set on training as an elite Commando and indeed he finally had his dream come true when he was selected for the course, passed, and two weeks before his finally formal acceptance broke his leg badly in a parachute accident.

During rehabilitation, he married his long-time love 'Shelley' but his mental instability was beginning to show. From the complexity of his injury, and his growing mental problems, it was also obvious that his career in the Army was over; he was subsequently medically discharged from the ADF.

An emotionally moving part of the book is the countless difficulties in trying to carve a life for himself and Shelley within the environment of the ADF, living apart for long periods, and only snatching short term happiness in meeting up for breaks at various resorts in the Middle East and Asia as well as Sydney, Colac and Shelley's home-town of Perth.

But the Army doesn't offer a friendly environment to conduct a normal relationship. Marriage at the Chinese Gardens in Sydney proved a short-term respite but with his gradually more noticeable and severe battles with PTSD, depression, anxiety and alcohol, it is no surprise that the relationship failed.



In many ways, it is the latter part of the book which fascinates most. James goes into some detail on what is involved in procedures used by medicine, psychological and psychiatric care in helping ADF personnel; some of the details of the personal demons James had to deal with are not for the faint-hearted.

At one stage his depression became so bad he contemplated and then actually attempted suicide.

But even though he was ill, James' superb army training and discipline came to the fore. What he needed, he soon realised was a challenge, to transfer his problems into activity, and he also made a decision that whatever his overall plans entailed, they had to include his passionate desire to make people more aware of the mental problems often faced by returned ADF personnel.

The way he went about planning and organising sponsorship for his first aptly named "Challenge" – sailing his 4.55 aluminium open boat powered only by an outboard motor across Bass Strait to the north coast of Tasmania and return – is a brilliant blueprint in marketing.

The fight against his mental illness is not over and only recently James suffered a major relapse, but he is determined to overcome adversity by launching other challenges, of a private nature as well as those in public. He is now a passionate fisherman and sailor and hopes to sail solo around the world to draw attention to mental illness.

The book includes a note from his psychiatrist, Dr Raymond Bruozis which in many ways explains his attitude: "James' story reminds me of something I often observe in therapy, that it is often through adversity one achieves personal growth."

This book is a must for those interested in and suffering from depression. It is also a gripping, thought-provoking and moving first hand and personal account about what it's like to be a soldier in Australia's modern defence force.

Returned Soldier by James Prasevic, soft cover, rrp \$29.99 Melbourne Books (Publisher). - **Jo Vondra**

Hibbertia scanden - aka snake vine

Doug Williams is a retired landscape gardening contractor and a keen observer of nature. In this article he shares his knowledge *Hibbertia scandens*



In addition to those discussed last month there are a good many more climbing plants that can be successfully cultivated in Lorne gardens. A northern native which performs well is Guinea Flower (*Hibbertia scandens* - pictured above), a glossy-leaved trailing plant that can be trained to a support and provides rich, open yellow flowers over the warmer months and will have blooms through until late autumn.

When this languid performer has fleshy stems waving in a light breeze it is easy to recognise its other common name – Snake Vine. A more vigorous native climber is the old favourite *Hardenbergia violacea*. Its common name was once sarsaparilla but it has long been known as ‘Happy Wanderer’ in its latest incarnation.

It is evergreen and has a display of pea-shaped flower clusters of vivid purple in winter and early spring. It will grow almost anywhere and also has a pink form which grows with less vigour. I still see gardens where *Sollya heterophylla* is allowed to grow. This slender West Australian introduction has pretty little bluebell-shaped flowers on an open, woody vine.

Bluebell creeper will escape the confines of any garden and has become established at a number of sites on the township’s perimeter – along Policeman’s Track and above the sewage treatment plant to name two. *Pandorea pandorana* is a confident performer here and produces creamy-coloured flower sprays in winter and spring. Once known as Wonga Wonga Vine it was given a makeover many years back as ‘Bower of Beauty’.

Almost as impressive in flower is the variety *Pandorea jasminoides* which hails from further north and has the same glossy leaves but a more restrained growth habit down south.

Instead of growing these eye-catching natives there are others you might like to consider introducing to your garden. *Billardiera scandens*, known as Appleberry, has cream-shaded tubular flowers in late spring on a trailing, woody vine.

A similarly delicate low climber is Love Creeper, *Comesperma volubile*, which gets numerous small, bluish-purple flowers in spring. Specialist native growers may stock both of these, otherwise keep your eyes peeled along the walking tracks around Lorne to see them in their natural environment.

Bougainvillea, or, as I once heard it called, Bogan villea, will grow in a sheltered and sunny spot but the fierce thorns have always deterred me from planting it. Star jasmine (*Trachelospermum jasminoides*) will grow quite well and has white fragrant flowers to entice you to grow it but it does not have a very strong growth habit whereas *Solanum jasminoides* (often called potato vine) does and is a wiry climber which is far from feeble and can be grown under quite shady conditions. It is closely related to deadly nightshade, so do not decorate your salads with its small white flowers.

If you find you are spoiled for choice when you are trying to include a selection of climbing plants and are limited in sites where you can plant them you could do what I like to do and plant two plants side by side at the base of a trellis or veranda post or wherever and let them intertwine. This way you get the pleasure of a combination of flower colour and extra plants in your garden at the same time. The possibilities for combining flower colour and seasonal display are numerous by doing so.



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This and that

If you are into food, art, writing, experimental theatre, performing arts etc, make the Surf Coast, Lorne and the Great Ocean Road your destination in August – it all seems to be happening. Every weekend is full to the brim with Culture!

On Friday 9th August start the weekend off with “Food as Art”. Enjoy a two-course dinner that is designed to stimulate the art critic in you as well as your appetite at Truffles in Aireys Inlet from 6pm. Cost \$40;00 per head. Bookings essential PH: 52897402.

The Surf Coast Arts Trail, Saturday 9th and Sunday 10th August is a free event for all the family where you can follow an informative map available from the Lorne Visitor Centre and discover the wonderful variety of art our coast inspires and meet the artists in their studios and creative venues on the coast hinterland of the Surf Coast Shire. While you are enjoying the Arts trail be sure to keep an eye out for the wonderful Scarecrows that appear in Aireys Inlet during their annual Scarecrow festival.

Graeme Kinross –Smith, Honorary Fellow in Communication and creative Arts at Deakin University is conducting a writing workshop at Ocean Inlet, Fairhaven. Time: 10am – 1pm and 2:30pm – 4pm. Cost: \$30:00. Registrations are limited so contact yvonnea7@sov.net.au to book your place.

Saturday 16th & Sunday 17th August is International Lighthouse Weekend and our iconic lighthouses at Split Point and Cape Otway are planning special events to mark the event.

Split Point Lighthouse will be running extended tours over this weekend on both the Saturday and the Sunday from 10 – 4pm (last tour) bookings are recommended. Free call 1800 174 045 to book.

At Cape Otway over the weekend visitors can hear tales from the light-keeper about his times at Cape Otway, Wilson’s Prom and Gabo Island. There will be living history where you can come face to face with shipwreck survivors, charming sea captains and trailblazing light-keepers. Children can have an exciting time in the kid zone @ the Cape and on Saturday 16th at 7pm one can enjoy the Keeper’s Wife’s Dinner.

Four course dinner of local food and drink including night tour of Lighthouse. Cost: \$65:00 bookings essential PH 03 5237 9240 or www.lightstation.com

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From page one - Festival program

what will be an unforgettable session of their folk-influenced pop harmonies; South Carolina's country music aficionados the Dan Waters Duo bring a swag of wry humour and moving songs; Mzaza will bring their sultry multilingual vocals matched with sounds and rhythms from faraway places; TheGrand Magoozi (aka Susie Scurry) joins Glen Walton for some witty and Patsy-Cline-esque poetic songs and sounds; and of course the tunes of UK's DJ Lornegerie will spice up the night at the Cuda Bar Festival Club with a mixture of swing, rock 'n' roll, funk, soul and more from 11.30pm til even later on Friday and Saturday night.

Something the whole family can enjoy, Squaring the Wheel is a show that forges the extraordinary talents of performer Jens Altheimer – circus, theatre, puppetry, magic and 'ingenious collector of thingummybobs' – together into a show full of topsy-turvy ways to look at a pile of junk, as well as a kids workshop to follow. There's also the high energy slapstick, acrobatics and stunt-work of the Trash Test Dummies, the local rock choir Orchestral Moves in the Marsh, as well as the VCAL Street Art Project where live street art and local teen student DJs take over a public space alongside acclaimed Melbourne street artist RIST.

Theatre lovers will be keen to see acclaimed Malthouse Theatre production of White Rabbit, Red Rabbit, an incredibly unique experience where Lorne local Iris Walsh-Howling takes the stage to perform a frank and unnerving story of human freedom by Iranian writer Nassim Soleimanpour – an audacious theatre experiment and a once in a lifetime theatre experience. Keeping to the theme of unusual theatre experiences, Kate McLennan and Wes Snelling perform Standard Double, a one-hour comedy show staged entirely inside a hotel room, taking a fly-on-the-wall look at people misbehaving when they're away from home.

Things on the street that won't cost even one pretty penny include the improvised antics of Festival Spruiker Justin Sane; the suave patter and unfeasible dance moves of Gramophone Man, with the world's only 'Steam-Powered' mobile Gramophone Contraption; Australia's first youth national circus the Flying Fruit Fly Circus; the knife-juggling, 10-foot unicycling SimonWright; and street comedy from Jack Coleman and Jamie Bretman all weekend.

This year's Lorne Festival of Performing Arts will bring the whole town to life like no other time of year, spreading the arty love across venues including the Circus Oz Festival Tent, the Grand Pacific Ballroom, Lorne Theatre, Lorne Aquatic and Angler's Club, Frangos & Frangos, Shell's Café, The Ovenhouse, Cuda Bar, Mantra Lorne, Cumberland Lorne Resort and of course spilling out into the streets.

Tickets www.lovelornefestival.com.au or the Lorne Visitor Information Centre.

Tickets: Early Bird Weekend Passes range from \$50 for children - \$100 for adults. Early Bird Friday Night Cabaret tickets - \$75. The Whole Shebang (Cabaret + Weekend Pass) - \$150.

Bookings: www.lovelornefestival.com.au or 1300 365 901

Events and artists

Opening Night Cabaret Spectacular!

The Festival's Opening Night cabaret is again set to blow the roof off the Circus Oz Big Top! Fri 29 Aug, Festival Garden 6pm / Doors at 7.30pm / Show 8.30 – 11.30pm (15+) Festival Tent

Finucane & Smith's Glory Box

The legendary, genre-busting, globally acclaimed Salon of subversive spectacle, wild child circus and live art exotica.

Sat 30 8.45 – 10.15pm (with interval 15+) Festival Tent



The Feast of La Gypsy Argentina

Moira Finucane's magnificent, rapacious, sensuous and outrageous storyteller Argentina Gina Catalina. Sun 31 2 – 3.30pm (with interval) Grand Pacific Hotel



League of Sideshow Superstars

Be shocked, stunned, amazed and inspired as you watch four of Australia's elite sideshow artists perform mind-blowing feats of skill and daring to a soundtrack of mashed up bigbeats. Sat 30 Aug, 6 – 7pm (Parental guidance recommended) Festival Tent



Mikangelo – Cave, Waits & Cohen

Only a powerhouse like Mikangelo could pull off this vocal trifecta. With his deep, beautiful baritone voice, charismatic Mikangelo delivers this stunning show with masterful skill and power, performing solo and showing off his talents on guitar, piano, accordion, clarinet and percussion. You will be transfixed. You will be astounded. You will be moved. Not to be missed! Sat 30 3.15 – 4.30pm Lorne Theatre

Mikangelo at the Lorne Aquatic & Anglers Club

Mikangelo will relive the good times at the Aquatic Club over beer, cheese and jatz, playing a collection of songs he's written about the colourful characters of Lorne. Sun 31 Aug, 3.45 – 4.45pm



Mighty Duke & The Lords

Mighty Duke & The Lords will whip up a tropical cyclone of high energy, mad calypso dance rhythms and rum soaked tomfoolery in the late slot at this year's Festival. Sat 30 Aug, 10.30 – 11.45pm at the Festival tent



Mzaza

Powerful, sultry multilingual vocals matched with sounds and rhythms from faraway places. Sun 31 Aug, 5 – 6.30pm Festival Tent



Squaring The Wheel & Workshop

Jens Altheimer is a circus-theatre performer, puppeteer, magician, teacher and owner of a collection of ingenious thingummybobs. Stay on after this show for a 20 min workshop with Jens. Supported by Regional Arts Victoria.

Sun 31 Aug, 11.30am – 12.30pm + Workshop 12.30 – 12.50pm (5+) Festival Tent



Sergio Ercole and Valentino Gikovsky

Take a stunning musical journey through a Latin guitar landscape. Sat 30 7 – 8.30pm (Dinner & Show bookings from 6pm) Grand Pacific Hotel Ballroom



Trash Test Dummies

Everyone put your bins out, tonight's bin night and the Trash Test Dummies are on duty! Take a fresh look at the humble wheelie bin! Sat 30, 11am – 12pm (All ages) Festival Tent



Kate McLennan & Wes Snelling - Standard Double

This laugh-out-loud show, set and performed in the Cumberland Lorne Resort takes a fly-on-the-wall look at people misbehaving. Sat 30 Aug, 1.45 – 2.45pm & Sun 31 Aug, 12.50 – 1.50pm (15+ adult themes) Cumberland Lorne Resort



Orchestral Manoeuvres in the Marsh Choir

Under Music Director, Louise Brown this performance will include children from the Deans Marsh Primary School as well as residents from Lorne, Deans Marsh and Birregurra. The OMM Choir bridges the gap between young and old, uniting individuals in the pursuit of a common, creative goal, whilst providing a platform to showcase local talent and unite the community. Music is a universal language and is inclusive to everyone. Sat 30, 12.30 – 1.30pm & Sun 31 Aug, 2.15 – 3.15pm Festival Tent



The Little Stevies

This Melbourne based trio featuring sisters Sibylla & Bethany Stephen presenting songs from their critically acclaimed new album 'Diamonds for Your Tea'. Sun 31 Aug, 11.30am – 12.40pm Frangos & Frangos



White Rabbit, Red Rabbit by Nassim Soleimanpour

By arrangement with Malthouse Theatre

An unnerving comedy of human freedom that defies national boundaries, censorship... and description. Iranian writer Nassim Soleimanpour's audacious theatrical experiment will come as a shock. Sat 30 Aug, 11am – 12pm Anglican Uniting Church Hall



Dan Waters Duo

Direct from South Carolina via Nashville. Sat 30 Aug 2 – 3pm, Shell's Café



The Grand Magoozi

The Grand Magoozi (aka Susie Scurrey) writes and sings an array of romantic, witty and nostalgic songs that grapple with the frivolous nature of current times. With Glen Walton (Mighty Dukes) for this beautiful performance. Sun 31 Aug, 12.45 – 1.45pm The Ovenhouse

More Festival information next page

More on the Performing Arts Festival



Gramophone Man

Using the world's only 'Steam Powered' mobile Gramophone Contraption, Gramophone Man plays original shellac 78's from the 20's, 30's and 40's on hand cranked His Master's Voice players, unleashing the awesome power of ancient jazz, blues, swing and novelty yodelling songs. Always the dapper gentleman, G Man has wowed crowds of all ages at events all around the globe with his suave patter, his unfeasible dance moves, his camp and shonky mime and his sheer joy for the music of days gone by.

Sat 30 & Sun 31 Aug at 10.30am (Cumberland Milk Bar), 1pm (Lorne Greens) & 2.30pm (Lorne Beach Books) (20mins) Street Performance



Flying Fruit Fly Circus

Australia's first national youth circus. Ordinary kids doing extraordinary things! The Flying Fruit Fly Circus has produced some of the most established and respected Circus performers this country has ever seen. This is your chance to experience this fabulous youth circus performing in the heart of Lorne. Following on from a week of workshops with some 500 youth from the region in the Lorne Festival of Performing Arts community project 'Reaching Extraordinary Heights', the Flying Fruit Fly Circus will perform two demonstrations for FREE. Don't miss them!

Sat 30 Aug, 10.30am & 1.30pm (20mins)

Lorne Foreshore (on the grass area near the adventure playground)

*In case of inclement weather check locations with event staff

Lorne Aireys Inlet P-12 College Senior Band "Mary Please"

Featuring: Issy Beale, Bridget Van Deuren, Issy Mildenhall.

From Psych Slow-Jam to Shuffle Blues get ready to lose your shoes and pick up the pace. This bunch of inventive students have operated together for around six months. One originating from the lush green pastures of Birregurra, another from the sea stained Anglesea coastline and the final member locally concocted from the salty forests of Lorne. Earning comparisons to early Allman Brothers... critical acclaim has been simmering for the young trio.

Sat 30 Aug, 2 – 3pm



DJ Lornegerie (Brighton UK)

From Lost Vagueness at Glastonbury, the Roundhouse and London Hippodrome.. Dance late night Friday and Saturday at Cuda Bar. Fri 29 & Sat 30, from 11.30pm – 1am Cuda Bar



The Lorne Historical Society Heritage Walk

The heritage walk is approximately a two-hour walk starting at the Lorne Visitors Information Centre and ending at the Lorne Historical Society room. The walk will cover both the Indigenous and European history of Lorne and district, covering landmarks, shipwreck tales, historic buildings and local stories. ALL proceeds raised go to developing the Lorne Historical Society collection.

Cost: \$20 per person - including a Lorne Historical Society cap and a bottle of water. Minimum numbers 5 and maximum 15 (with some flexibility).

Contact: Gary Allen 0421 077 267

Sat 30 Aug, 10am & 2pm, Sun 31 Aug 10am & 2pm

Lorne Visitors Information Centre



A Portrait of Lorne Photographic Exhibition

Greg Briggs is a documentary and portrait photographer. Greg loves telling stories through his photographs whether they be about places or people in his 'A Portrait of Lorne' Fri 29 – Sun 31, 10am – 6pm Mantra Lorne Foyer



Justin Sane – Festival Spruiker!

Every village has one, and Lorne is no exception. Fri 29 Aug, 7.30pm – Festival Tent Sat 30 & Sun 31 Aug, 11am – 2pm Roving - various locations along Mountjoy Parade

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***ABC Classic FM
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***He circumnavigated the unhappy realm
And hit the bell again – alas –
All to no avail ...***

***He sensed a spider!
Man the phone behind the closed door
And waited for the tears***

***And he knew how putrid the scent of rue
Hard to reason with the colour blue***

***Especially when stained
And faded and lost
On a one way street.***

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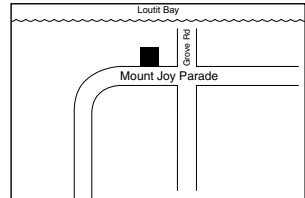
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Already, Anglesea & District **Community Bank**[®] Branch has contributed over \$15,000 to the Lorne Community to local community projects, like Lorne Spinners-Murray to Moyne, Lorne-Aireys Inlet P-12 College & a Defib Unit for the Lorne P-12 College - both campuses. And the more people who choose to bank with us, the more we'll be able to contribute.

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Subscriptions for the Lorne Independent for 2014-2015 are now over-due!

We have to make a decision next month on who's financial and who's not!

If you are interested in either a mailed copy or an electronic version, please fill in the form attached to this newsletter.

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Last year, the Victorian Government replaced the Fire Services Levy with a fairer system, as recommended by the Victorian Bushfires Royal Commission. Now every property owner contributes a fair share to Victoria's fire services, not just those with adequate insurance. Eligible pensioners and veterans also receive a \$50 concession.

100 per cent of the fire levy goes to support greater funding of the operations of the Country Fire Authority and Metropolitan Fire Brigade. This includes firefighters, staff and volunteers, training, community education, protective clothing, vital lifesaving equipment and more than 1,200 fire stations and 2,300 trucks.

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Letters

What's in a name? A lot!

As a proud descendant of Thomas Mountjoy, I suffer regular annoyance when the main thoroughfare, named after the pioneering Mountjoy brothers, is referred to as 'Mount Joy' Parade or similar.

A few recent 'transgressions' that come to mind are a local bank, the hardware store and a Surfcoast Shire questionnaire.

So much of Lorne's heritage has been lost through the years (don't get me started on Erskine House) and I hope you can do your best to stop further erosion of the respect that the original settlers were, and are still, due.

Ian Mountjoy

Lorne

Prelude to Springtime

It doesn't really matter
If it's winter time in Lorne,
Though the storms may rage and batter
There's no need to be forlorn.

For the shelter of the wooded hills,
The buffer of old Point Grey,
The verandas and warmth of our shops and inns
Help keep cold winds away.

In Lorne it's just another reason
For Lornites to settle down,

And enjoy a place as ideal for all seasons
When great calm engulfs the town.

Who would trade these peaceful days
When the 'Parade' becomes our own,
And harbour lights and reflective waves
Remind us that Lorne is the crown.

There's nothing quite like the smell of the bush
When rain brings out the aroma
Of eucalypts and plants so lush
The scent can knock you over.

There's easy parking wherever you go,
You can grab a meal without booking,
The 'Dolphin' team puts on a good show,
At the pier you can't beat Sammy's cooking.

The Erskine deepens from Otway rain,
"Grandma Shields" takes a well earned rest,
While our residents enjoy what they came here for,
Life at it's very best.

For we all know spring will soon be here,
Daffodils and wattle give the clues
That sunny days will soon re-appear
Along with those brilliant sea views.

So enjoy the season and soak it up,
For there's one thing that is for sure,
Get out the coffee and have one more cup,
Change will soon knock on our door.

Will Beale

Lorne

Arts Courses at QDOS

Art courses with some new and exciting tutors over Spring and into Summer.

Rimona Kedem, back by popular demand, this year bases the course of figurative drawing and how to build allegory into your work. September 9, 10, 11.

Wolfgang Widmoser former student of Ernst Fuchs at the Viennese School of Fantastic Realism. In conjunction with his exhibition at Qdos Sept 20 – 30 Wolfgang will conduct a series of workshops on portraits, landscape and still life. Trained in the finest European techniques of the old masters, Wolfgang will share his depth of knowledge of painting and the history of European art.

September 16,17,18

September 23, 24, 25

September 30 October 1, 2

Graeme Altmann, will help you discover and explore many of the skills and techniques used today and apply them to create your own oil painting. For beginners and advanced, contemporary to traditional, we explore how to 'see' the landscape and assist you in developing

your own style and creative expression through the medium of oil paint.

October 14, 15, 16, 28, 29, 30

Finally Anton Hassel, popular and humorist tutor. Again back by popular demand, Anton shares his wealth of knowledge and stories whilst working at Meridan Foundry Melbourne, in his student days to his own journey with bell making and the creation of Federation Bells Birrarung Marr.

Using the Ceramic shell process, students will create a wax and follow the progress Of their sculpture through to the finished bronze.

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Nov 20, 21

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For further information please visit www.Qdosarts.com or call Graeme on 52891989

Lynton's reflections

The tragedy of Malaysian Flight MH370 now joined with the tragedy of Flight MH17 should leave us wondering what the world is coming to. So many innocent lives lost and no available explanation as to why either incident happened.

They stir up an age-old dilemma for us as humans concerning the suffering of innocent people and why God would allow it to happen.

Many of us would rationalize it by thinking that there must have been something we don't know about that would explain why they had to die. I didn't know any people on either flight and so I can't know anything about their lives or their hopes or their struggles with life. It's not so hard when we're a step or more back from the action. That can be a convenient cushion for us.

Jesus knew that we have this tendency to pontificate about the fate of others – they must have died for some good reason we can't know about ... people who had been massacred by the Romans and others who had died in the collapse of a building. But Jesus' stand was more about our making sure we have a clean record with God rather than speculating about other people's record.

I would have consigned Flight MH17 to being another tragedy in the world news except that, when it came into the news on that Friday morning, I was at a Church Conference in Melbourne where one of the speakers was the Archbishop of West Malaysia. He began his Bible Address that morning by apologising that he had little to give in light of the news that morning. He would be flying home that afternoon to take up pastoral care for his community and country!

He went on to give a brilliant address on suffering.

That changed my appreciation of the news that day. It suddenly mattered that innocent lives had been lost. It mattered that the living – families, communities, cities and nations - would be mourning these lives with a passion we could only imagine. While I might like to be the island John Donne refers to, I realise that I'm not. None of us is.

The challenge is to be the person Jesus talked about – having unconditional love and respect for people. Whoever they are!

- LW

Leos to serve the community

Are you bored? Are you looking for new friends? We are interested to create a Lorne Leo Club.

Leo club membership is open to young men and women between the ages of 12 and 30. Membership is divided into two groups - the school based Leos are generally between the ages of 12 and 17 whereas the community based clubs have members aged 12 – 30.

Young people of high moral standards who wish to serve others are eligible to become Leos. School administrators, Lions, friends of Lions and community leaders can provide names of potential members.

The first Leo club in Australia was formed at Ingham in

1968. There are now 133 Leo clubs in Australia with over 67 school-based clubs. The Leo Program has grown to include more than 159,775 Leos in over 141 countries

You're welcome to be a part of a Leo Club. We have worthwhile community projects for you to get involve. For more details contact Stephen Hishon 0419 123 695 stephen@hishon.com.au

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Diabetes - the new epidemic

A huge number of Australians suffer from diabetes, and our modern lifestyle is only increasing the alarming statistic. At present some 3.61 million Australians have diabetes or pre-diabetes while worldwide 366 million people are affected. National Diabetes Week runs from July 13 to 19 and we are all encouraged to have checks and learn more about this disease.

According to the Australian Diabetes Council (ADC) diabetes is a chronic disease that occurs when there is too much glucose in the blood. This happens if the body is not producing insulin or not using insulin - a hormone needed for glucose to enter the cells and be converted to energy - properly.

Glucose is a particular type of sugar - it's essential for normal healthy body function. Insulin is the hormone or chemical messenger that controls the uptake of glucose by muscles, liver and fat tissues.

There is some confusion about the various types of diabetes.

Type 1 diabetes is condition in which the pancreas does not produce insulin. This type represents 10-15 per cent of all cases of diabetes and is one of the most common chronic childhood diseases in developed nations. Type 1 diabetes is not caused by lifestyle factors, yet its incidence is increasing at a rate of about 3 per cent a year.

In type 2 diabetes, which accounts for about 85% of all people with diabetes, insulin is still produced but does not work effectively. While it most often affects mature adults, more young people, even children, are getting type 2 diabetes. It's very much a lifestyle disease and linked to the overall increase in weight among the population.

Less well known is gestational diabetes - a form of diabetes that occurs in pregnancy and mostly disappears after the birth. This type may be caused by the woman's body not being able to make enough insulin or not being able to use it correctly during pregnancy. It is usually found by having a blood test between 24 and 28 weeks of pregnancy.

We should also be aware of pre-diabetes which is a condition where blood glucose levels are higher than normal, but not yet high enough for a diagnosis of type 2

diabetes. Left untreated it may develop into type 2 diabetes within 5 to 10 years.

The food we eat and weight management are key elements of diabetes management. Being overweight is a huge risk. While the underlying causes of obesity are complex, the resulting problems are well known: type 2 diabetes, cardiovascular (heart and blood vessel) disease, social exclusion and low self-esteem.

The ADC says it is important to take a balanced view with regard to nutrition; drawing on a range of foods rather than focusing on single nutrients as "good" or "bad". No single nutrient is responsible for weight gain or loss, but our total kilojoule (or calorie) intake from all food is what can cause problems.

During National Diabetes Week visit your local pharmacy to learn more about diabetes and how it can be managed. If you have any of the risk factors for diabetes such as excess weight or smoking, now is the perfect time to ask your pharmacist about lifestyle changes.

Pharmacies can offer a range of resources and support for diabetes including:

- Diabetes screening tests with referrals to your doctor.
- Diabetes management services including monitoring of blood glucose levels, weight and diabetes medicines.
- Advice on diabetes medicines.
- Review of diabetes medicines.
- Weight management services.
- Blood glucose monitoring devices.
- Supply of blood glucose test strips as part of the National Diabetes Services Scheme.
- Quit smoking products and services.
- Health information including Self Care Fact Cards.

You can get more advice on diabetes from pharmacies providing the Pharmaceutical Society of Australia's (PSA) Self Care health information. Self Care Fact Cards include Blood Glucose Monitoring, Type 1 and Type 2 Diabetes plus Weight and Health. For the nearest location phone 1300 369 772 or log on to PSA's website at www.psa.org.au and under 'Supporting Practice' click on 'Self Care' then 'Find a Self Care Pharmacy'.

- John Bell



Your monthly health newsletter brought to you by the team at the Lorne Pharmacy & Beauty Retreat

Renea Forsyth is our regular Wednesday pharmacist, specialising in women's health issues, mother and baby care, skin problems and fashion ... Come in for a chat any Wednesday

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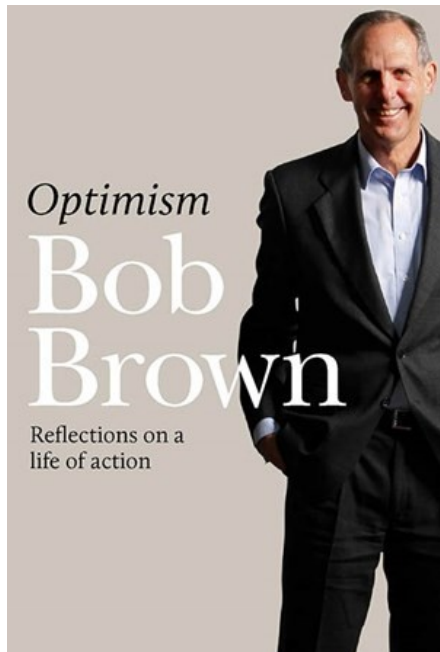
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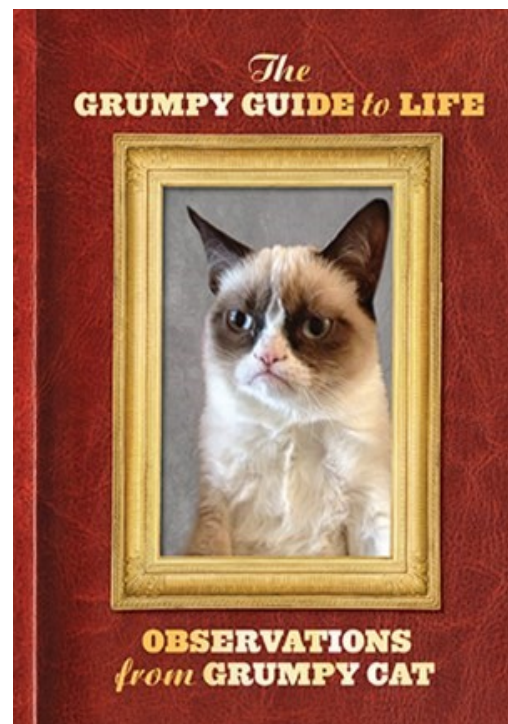


Bob Brown, former Senator and Parliamentary Leader of the Australian Greens, is one of Australia's most thoughtful and recognized public figures. Since his retirement from public life in 2012, Bob has had time to consider the things that are truly important. One is the power of human thought to influence change and this book, the first time that Bob has spoken about his life since retirement, illustrates through his stories why he remains optimistic about the future.

***Optimism: Reflections on a Life of Action*, Bob Brown, \$39.95**

Following the success of her New York Times bestselling debut, everyone's favourite disgruntled feline is back with this de-motivational guide to everyday life, love, friendship and more. Featuring many new photos of Grumpy Cat's famous frown and packed with uninspiring observations, *The Grumpy Guide to Life* is sure to help anyone get in touch with their inner grouch.

***The Grumpy Guide to Life: Observations from a Grumpy Cat*, G. Cat, \$19.95**



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