

LORNE INDEPENDENT

\$2

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Be fire ready for a potentially dangerous summer

Weather indications are that Lorne is expected to experience a long, dry and hot summer and the Surf Coast Shire has gone to considerable trouble to make people aware of the threat and dangers from bushfire over the coming months.

The Lorne Senior Citizens Centre was packed recently to hear presentations from the Country Fire Authority, Department of Environment and Primary Industries, the Police and the Shire; there was also a segment in which a trauma psychologist outlined the mindset of people reacting to a bushfire emergency.

The main emphasis was on the message the CFA had been pushing for some time – be prepared, be prepared to act and thus survive. Be as ‘Fire Ready’ as you could possibly be!

One of the main components in the overall strategy is the

so-called Fire Plan, a template to help prepare for a fire emergency.

The Plan outlines a step-by-step procedure to survival – when to leave, where to go and the route, and what to take.

The plan also gives guidance on a back-up plan should an individual or family be caught in the path of an approaching fire front.

Considerable focus was put on people making sure they are aware of the fire danger in their area by monitoring the CFA’s Fire Danger Rating, and to up-date their knowledge by listening to local radio and TV broadcasts, and accessing information from websites, mobile phone messages and apps.

A big factor in the overall fire survival strategy is to make a decision to leave or stay. As Lorne plays host to more than 10,000 people at any one time during the peak summer season, leaving could prove to be somewhat difficult as there are really only three main routes out of Lorne, four if the sea is included – the Great Ocean Road to the east and west, and the inland road.

Police told the meeting that emergency evacuation plans were in place, but the best time to leave was the night before a ‘Code Red’ day or in the early morning.

Most of the people who attended the meeting were permanent or semi-permanent residents, and had become over the years familiar with bushfire survival plans. The presentations were factual, straightforward and practical.

It was, however, at question time that some doubt was raised on particular issues, especially the reaction of visitors during an emergency. Accommodation providers would have information on fire survival and had their own Fire Plan to pass on to their guests

Finally, the meeting was told that no residential house in Australia was designed to withstand the full force of an oncoming bushfire front, and that most people under insured their property by 30-40% of true value.

See page 16 for the opening of Lorne’s fabulous new Heritage Centre



Carols on the Lorne

Saturday 20th December 2014

Lions Club Sausage Sizzle @ 6.30pm, Carols @ 7.45pm

St Cathbert's Church grounds, Mountjoy Parade, if wet @ Catholic Church, Smith Street

Artists include: Lorne Kindergarten, Tara O'Neill & School Group, Rebecca Hay, 'Airsongbirds' **Guest artist:** Ann-Maree Keefe

Poster by Laura Wallis year 5, Winner COTL poster Competition

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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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Further information on Lorne's Fire Danger

Further information:

- There is a wealth of resources to help you understand your risk, plan, prepare and stay informed on CFA website: www.cfa.vic.gov.au
- Information can also be found on DEPI and Council's websites:
- www.depi.vic.gov.au/fire-and-emergencies
- www.surfcoast.vic.gov.au/My_Property/Fire_Prevention
- The youtube clip of trauma psychologist Dr Rob Gordon can be found at: <http://www.youtube.com/watch?v=fb10DYRKzT8>
- The crank and solar powered emergency radio that we had as our door prize can be purchased online through the Australian Red Cross: <https://shop.redcross.org.au/shop/category/red-cross-merchandise-emergency-preparedness>

Please note;

There will be a further CFA Bushfire Planning Workshop on Wednesday December 10, 7pm at the Lorne Community House.

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Season's Greetings

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& the team at
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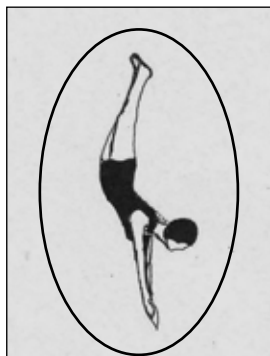
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or 5289 1344**

The Louttit Loop



Allan Green was not known as AlPal for nothin'. His sudden death in November leaves a big gap in our community. He'd suffered so much over the last few years and yet seemed to be getting along OK. In a blink he's 'moved on'. His mega farewell at the Country Club was emotional and impressive. Little touches like Whealy parking the 'gator c/w ALPAL numberplates on the 9th green made it extra special.

It's weird to drive past his house on the hill, to not see him pottering, no further need to call in to say hi. So ends an era.

Bad news bonds Lorne and folk step up. So it was when Tess and Mark Athorn's home burnt to the ground recently. Carly Enticott arranged two working bees to tidy and clear as fast as possible so guests booked to stay at the adjoining Erskine Falls Cottages would still be able to enjoy the wonderful bush experience. Len Tank went crazy with his tip truck and excavator, Sonia was a gem in every direction and a demon on the rake, and about 30 others worked like mad. With the promised attractions at the Cottages knocked for a six, the Cumberland and Lorne Sea Baths jumped in and offered to share their outdoor facilities with Cottage guests (on evidence of their Cottage keys). Amazing offers, plus a replacement car, money, clothing, food, etc. etc. Tess and Mark ask that each and every person who helped in that first awful week after the fire accept their sincere, humble thanks and love. As Mark says, 'we feel as though we have been reborn thanks to everyone's support!'

The tragic car accident which claimed 25 year old Jessica Sutton is felt by all. A long and vital association with the Surf Club, a whiz with a camera, a real people person and the 'apple' of her Dad Phil's eye – Jess was amazing and our sympathies go to her grieving family.

The excitable schoolies enjoy their freedom in Lorne as they do, sometimes leaving reckless damage as well! And on 6/12 the extreme sportsfolk arrive for the Lorne Adventure Fest (previously Anaconda) for a frenzied weekend of exercise over a 55 km course. Two very different impacts on the town.

Welcome back to Rudi the excellent butcher at Lorne Foodworks Supermarket.

Sympathies to Bev Osborne on the loss of her darling Mum, Mary (Gaylard).

Lorne got a mention on the 3AW rumour file with a story about a guy seeking Pharmacist Randall's help for a really really sore throat. Yeah you guessed it .. Mick Jagger. Booked to stay in a divine new house out at Big Hill, the group had to cut short their stay thanks to the throat problem.

A real bummer for Jorge and Sarah at the busy Swingbridge with a breakin/robbery one night early in November. But he's still his positive, efficient, happy self and the energy and atmosphere by the bridge is a new unique Lorne experience – much needed.

Cup Day at the Aquatic Club was the usual top Lorne event. Sweeps and bets, a great feast, and a Best Dressed Man/ Woman competition clearly won by dapper Michael Causon and cute black/red/white frocked missus Shirley! This amazing couple organize the fun so beautifully and is so appreciated by the punters.

Good to have Alain Purnell back in town again after time in Hospital in Melbourne. Coming along really well after an accidental fall at a working bee for Lornecare, he's busting to get back on the tennis court, but must wait till March! At least he is able to drive again. Recently as he turned into his street on top of its steep hill Al was confronted by a herd of about ten huge black cattle! A call to 000 soon solved the breakout. What next?

Probably the volunteers whose jobs are the most time-consuming, exciting, scary, on call 24/7, with no perks or payment at all are the CFA **volunteers**. These guys and gals attend all sorts of call-outs – recently one to an "I smell smoke and burning" call (an insect stuck in a light fitting), and a few nights prior to the big Erskine Cottages fire. Eight Lorne volunteers rushed to the fire at 8.15 pm with backup coming from Wye, Airey's and Anglesea Brigades More Lorne folk responded to a 'help' page and locals stayed for about five hours – trying in vain to stop the fire from spreading. Police remained on watch from 2 am until some Lorne CFA vollies returned at 7.30 am and worked all day until 5 pm. And guess what? These life/house savers all have day jobs so it's not exactly the easiest juggle for them. Many folk probably think these vital workers are paid! Nope. Not even a reduction of or exemption from their personal Fire Levy payments. We can only thank them sincerely and breathe easier knowing they are there whenever and wherever we need them!

AND the team at the Lorne Op Shop was chuffed to stump up \$18,000 for a new Hilux lead vehicle for the Fire Chief's use. Thanks also go to Geelong's Blood Toyota for a generous trade in and discount.

Last week a koala was watching the Saturday social tennis. This is not so unusual - except that he was INSIDE the cyclone fence, trying to escape by climbing a fence post but was unable to go over the fence. Coaxed down with a branch of eucalypt leaves, a towel was placed over him and he was 'frogmarched' to the gate! All in a morning's tennis at Lorne Country Club.

If you are in Melbourne make a detour to the Alfred to visit Michael Callinan (Camel). Well worth it and he is pretty lonely having been stuck in the amazing Alfred Hosp. since August. Still in the wars though and fingers crossed for a move to rehab. real soon.

Impressive to read of a couple of tradies happening on a serious accident, needing a defibrillator to save the driver they dashed to the nearest town found one, rushed back and saved the guys life! So – where are the defibs. located in Lorne?

Stribling Reserve (footy ground) have one located inside, but about to be relocated outside; the Bowls Club has one on the back verandah near the rink, the Aquatic Club near the Pier has one outside near the fish cleaning sinks, and the Big 4 at Wye River has one for the Community in an easily accessible position! Maybe there are others? The Surf Club has one we think, the Visitors Centre wants one, the Country Club may be getting one, and of course our Hospital and Ambos have them so call 000 if you need one OK?

.....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 months we return to build on our great work at beautiful Stony Creek starting at:

10.00am on Sunday 14 December

The working bee will be followed by a barbeque at about 12.30pm. LorneCarers not able to come to the working bee and our supporters are invited to join us for the barbeque.

For more information about LorneCare contact:

Alain Purnell Tel: 5289 2906

Mobile: 0417 031 905

Michael Callanan

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Lorne - a place of natural beauty and special significance

Lorne Independent

For one reason or other, cards and the message they contain always seem to conjure up a personal feeling of unease.

Birthday cards are a special problem, also Christmas Cards.

Printed art work ranges from the banal and corny, to rude and often quite offensive, and deciding on an additional personal hand-written message often requires quite a bit of thinking with resulting strain on both the brain and the nervous system.

No wonder many people opt for simply written cards with a message already printed.

Back in England in the 18th Century, it was considered 'the thing to do' for businesses to send out cards thanking customers for their patronage.

These so-called trade cards were the precursors to the modern Christmas and special occasion cards.

The British lithograph company of Prang and Mayer are credited by Google with printing the first Christmas cards in 1843.

Commissioned by Sir Henry Cole and illustrated by John Horsley, the cards showed scenes of Christmas charity such as dispensing food and drink, and clothing to the poor. Gradually they incorporated religious themes.

Sending out cards at Christmas soon became a tradition. It didn't take too long for the birthday and special occasion cards to follow.

The traditional Christmas card then crossed the Atlantic into the United States and Canada, and by the end of the 19th Century, had spread into European countries and beyond.

Once started, there was no stopping the spread of the ubiquitous Christmas and birthday card.

The printing industry and postal services quickly realised the potential of the printed card and nowadays commercial houses specialise in the design and manufacture of cards. Imagination seems to be the only restriction in terms of themed purpose.

But the rise of the internet and the mobile phone have not been good for the card industry.

Those people who obsessively send out cards for every conceivable reason or occasion seem to be on the decline.

In our modern world, it often is a much simpler act to telephone a person, or send an email to wish them a happy birthday, Christmas, New Year or whatever.

Certainly a much easier and more personal act than to seek out a shop selling the cards, writing a few words, addressing the envelope, then fish out a stamp and press it down on the right hand corner, finally dropping it into a letter box!

No wonder our postage service laments that fewer and fewer postage items are sent through the mail each year.

So let's take the easy way out!

Thus on behalf of our Lorne Independent editorial team I would like to wish all our readers Season's Greetings and best wishes for the coming year.

May you enjoy good health, joy with your family and friends, and success and satisfaction in your particular endeavours.

- JoVondra



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Shop 10 148-174 Mountjoy Pde, Lorne

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Fighting mental illness - especially anxiety



One in five people will experience mental illness, a psychologist recently said at a Lorne Community House presentation, and women will suffer more from anxiety and depression than men, though males have a higher rate of substance abuse such as alcohol than women.

About 0.5% of people will experience a psychotic

disorder in any year.

Jules Haddock (pictured above) has for many years talked to communities, schools and private clients on mental illness but she has a particular interest in anxiety.

She runs a business out of Torquay she's aptly named The Anxious Bird which specifically focuses on anxiety, how to identify it in the individual, its various and complex causes, and ultimately how to confront the illness and move towards recovery.

About 20 people attended the presentation which was organised by the Lorne Community Hospital within the framework of its recently adopted focus on mental health within the community, especially among the young.

A psychologist with other related qualifications, Ms Haddock gave some practical advice on the causes of mental illness, especially anxiety such as chemical change in the body, shock or trauma, genetic factors, substance abuse and adverse social patterns.

An important factor, she stressed, is to identify mental illness.

Identifications could range from obvious symptoms such as physical changes to more subtle indications, including obsessional compulsion, social anxiety, mood changes, loss of appetite and hyperventilation.

She said a big factor in anxiety is the well-known 'fight or flight' – the perceived threat is faced by either aggression or running away – which has been dated by psychology to more primitive times of human development.

Ms Haddock has incorporated this principle into the name of her business 'The Anxious Bird', fighting the flight of anxiety.

Although she offered no easy way to recovery she spoke briefly on the 'taking the power' out of, or away from the systems.

As a big factor in anxiety is cognitive, she said that a major component in the recovery cycle is psychological and social engagement, to understand and confront a particular fear, and to validate it personally as well as with others.

Don't be afraid to speak about mental illness with others. "It is a myth to think that we should keep quiet about mental illness," she said.

Ms Haddock bravely told the meeting about her own journey, from being abused as a child, suffering guilt and subsequent anxiety and depression, and how she embarked on a journey of recovery through art, education and sharing her problems.

She also mentioned the positive influence in recovery of

professionally prescribed drugs, personal expressions in art and music, the family and also religious faith. Ms Haddock is now working on a book.

However, she emphasised that often professional intervention may be necessary. There are a number of services available to the individual, often without charge, and a general practitioner or health worker is a good way to start. Other helps available include *beyond blue* and the Black Dog Institute.

Her website is www.theanxiousbird.com.au

- JV

Mental Health Course

A Mental Health First Aid Course for adults to provide initial help to adolescents with mental health problems, in a crisis situation and early stages of illness is available from Lorne Community House over Thursday December 11 and Friday, December 12.

The course is over 14 hours and the cost is \$100.

The course is supported by the Lorne Community Hospital (5289 4300) and further information from Mental Health First Aid Australia www.mhfa.com.au

Brief Lorne meeting to discuss human rights

The plight of asylum seekers, religious teaching and influence in government schools, a Bill of Rights for Australia and the workings of common law were among the subjects discussed during a November visit to Lorne by Human Rights Commissioner, Tim Wilson.

Mr Wilson is conducting a national consultation on how to protect human rights and freedoms.

He told about 20 people at the Lorne Bowls Club he was interested in hearing views on the restrictions on the exercise of rights and freedoms, initiatives that protect them and building an understanding about exercising rights and freedoms responsibly.

Following his consultation with people over the next months, his report will be submitted to the Australian Human Rights Commission and also available to the public.

Although some mention was made of Lorne's problems with authorities, specifically over non-Lorne based bureaucrats making important decisions on behalf of the people with only superficial attempts at so-called 'community consultations', an opportunity was lost to present Commissioner Wilson with examples of government agencies flaunting the will and certainly the rights of the people.

One member of the audience mentioned the example of the Great Ocean Road Coast Committee repeatedly ignoring the documented will of the people following so-called 'community consultation'.

Specific reference was made to the Lorne pool and the Point Grey Precinct redevelopment proposal.

But the one and a half hour meeting with the Commissioner hardly allowed adequate time for other than superficial discussion.

Federal Government earlier this year appointed six Human Rights Commissioners; Mr Wilson is responsible for domestic, civil and community rights.

Those interested to provide further input can make contact with him on <http://www.humanrights.gov.au/rights2014>

Other contacts are email: rights2014@humanrights.gov.au or phone (02) 9284 9600 or fax (02) 9284 9611

- JV



News from our Councillor for the Lorne Ward

Household Rubbish Depot - Otway Street.

The persistent appalling behaviour by residents and non residents not respecting the household rubbish drop off point in Otway Street continues to be a major problem. Over the past few weeks the persistent attacks by cockatoos and inappropriate dumping of non compliant rubbish has seen the site become the secondary tip site in Lorne. Everyone is reminded that ONLY household rubbish and recycled rubbish be deposited in the bins provided. Recently a resident of Lorne was observed dropping off a double bed and old gas cylinders despite the main tip being open at this time.

After a number of discussions and numerous complaints to Council officers, the Shire has decided to cockie proof the depot, install CCTV surveillance and fine offenders. Additional rubbish collections at the site will begin in early December and continue throughout the peak period.

Let's hope that our community improves their behaviour.

Men's Shed

Great to hear the Men's location and other permits have finally been approved. The situation became a total debacle last week, when a State Government Department looked like compromising the whole project by deciding that 3 re-growth saplings (less than 10 years old) growing out of a rotten stump had to stay. Common sense finally prevailed and the project has been given the green light, thanks to the Men's Shed committee's persistence and the Shire's assistance.

The turning of the first sod will be held on Sunday 14th December 12 noon at the site, followed by a community BBQ, everyone is welcome.

Casey's Van.

Casey Tutungi recently took delivery of his new modified Van which allows him to be transported more easily and not rely on infrequent taxis. The van was delivered in time for baby Asta's first birthday.

Casey and the Casey Tutungi Fund Directors would like to acknowledge and thank the Aquatic & Angling Club, Lions Club and the wider community for their generosity in providing funding for the vehicle.

Lorne Football & Netball Club

The new Committee has been very active over the past few weeks under the leadership of President Ken Hosking. A number of sub-committees have been formed including Sponsorship, Junior Football, Player recruitment, Hospitality and Finance.

The Club will soon be promoting their new Sponsorship opportunities which are needed to ensure the long term financial viability of the Club.

As we go to print Junior Football coaches have been appointed and player recruitment continues to be very positive with over fifteen players already signed. More details to follow on the LFNC website.

The Club will be undertaking its Australia Day BBQ on the Foreshore on the 29th January, please come along and support your Club. Early bird 2015 Membership applications will be available on the day.

Love Desire and Riches - The Fashion of Weddings

A collection spanning 200 years of famous and rarely seen wedding gowns from world-leading designers and celebrities will be on exhibition at Barwon Park Mansion 17th December 2014 - 28th February 2015.

Further information can be obtained by calling (03) 9656 9889 or www.nationaltrust.org.a

Season Greetings

As 2014 draws to a close I would like to take this opportunity to wish everyone a safe & joyous Christmas and look forward to an exciting and rewarding 2015.

Are you on my circulation list, if not please email lorneward.information@gmail.com

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A lot of change at Lorne's Community House and it's all good for the town



Lots of things are changing down at the Community House, and they're all good for Lorne!

In the past 12 months, we renamed ourselves from Lorne Fig Tree Community House to Lorne Community House. Why? it was a long name, not everyone knew the connection to the old Moreton Bay Fig Trees, some thought it was the name of a Child Care centre and most importantly we are a community house here for all of Lorne and need to convey that simple message.

As part of this change we needed a new logo and we collaborated with Deakin University 3rd Year Visual Arts students on a re-branding project. The students' logo that was chosen is refreshing and best reflects our design brief.

There are 5 community houses in the SurfCoast and they all differ as do their communities. Funded through Department of Health and supported by the Surf Coast Shire, houses can provide a diverse range of services based on the needs and interests identified in our community.

We always welcome ideas – you suggest it and we'll try to make it happen. If it's a group you want to be part of, a course you'd like to study, training for your staff or service you need in Lorne, give us a call.

It is always interesting to see what activities take off. After speaking to a few local mums with toddlers I tracked down a personal trainer happy to offer circuit classes for parents who needed their babies or kids to accompany them. I've seen this work so well in other community houses but after 2 sessions of only 2 people, and one with no-one it was costing the trainer money. On the other hand, an introduction to ipads for seniors is on in December and on the week our program went out the phone & visits for bookings did not stop – the workshop is booked out and I'm looking for an ipad tutor to continue sessions next year.

We do struggle to consistently connect with good tutors to provide ongoing classes but we have seen that many of the short course or one-off workshops appeal to our community, with personal growth workshops, technology, art and children's activities gaining the most participation.

Always feel free to do in a neighbour who has a skill you think they should share with us all.

Another goal for the House is strengthening the way we communicate. Very, very close to completion is the Lorne Community House website incorporating a community calendar, community directory of local clubs and services and in the future a local discussion page. I really believe that this calendar and community guide will help to resolve some of the isolation many in Lorne feel, help the town to have joint communications and make event planning so much easier. www.lornecommunityhouse.org.au

Our regular program activities such as child care, activity groups, meeting facilities, playgroup, the Lorne Toy Library, accredited training and computer access have met the needs of hundreds in our small township. Our computer services received an overdue update during the year with new hardware and technologies improving what business and IT services we offer to our community.

Added to this, I look at the events offered in the last month of a car boot sale, cheese making, anxiety support, kids' story time, yoga, WiFi Wednesdays and free financial counselling, and I know we meet our purpose to encourage community connections, lifelong learning and a welcoming place for all.

In 2015 the direction, activities and use of the Lorne Community House will continue to change, just as the needs of Lorne change. After a quick summer break, childcare will resume on the 12th of January and the office hours for 2015 will be 10am -2pm Monday to Thursday.

I hope to see you at the House soon.

Katy Kennedy

Coordinator

Lorne Community House

Lorne Greens
Lorne Greens Fruit & Vegetables
6b Mountjoy Parade, Lorne
03 5289 2397

***plant orders taken.**

Supplying fresh fruit and vegetables (some organic, some locally grown), gourmet groceries, cheese, dips, ready to go meals, wine, fresh cut flowers, yoghurt, milk and an abundance of other goodies.

We no longer supply Zeally Bay sourdough but we now stock sprouted bread, Zen bakery breads and the amazing Penny Royal Bush bread courtesy of Jo (locally made and seriously delicious)

DAWSONS
CONCRETING
LORNE
DRIVEWAYS SLABS PATHS
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Sportsbriefs with John Ford

Locals in Adventure Race

The Lorne Adventure Race (formerly known as the Anaconda Event) will be celebrating its tenth anniversary on Saturday 6th December. This brings many enthusiastic athletes and sportspeople into our town, but Lorne is also well represented with competitors. Lorne Pharmacy has put together three teams for the Mini event which combines swimming, running, paddling and bike riding. The Mini Event is held on the Saturday with shorter distances in each leg than Sunday's feature event, but still the events are arduous and require serious preparation. For example the 7km run includes difficult beach and rock terrain, a steep hill climb and road running.

The teams have been named the Lorne Pharmacy Fliers, The Lorne Pharmacy Foxes and the Lorne Pharmacy Cruisers. Representing the Fliers are Randall Forsyth (swimming), Renea Forsyth (running), Tony Harris (paddling) and Dan Frick (cycling). The Foxes are Bernie Everitt, Carolyn Griffiths, Rodney Gange and Leonie Abbott. The Cruisers are Mandy Farrelly, Bhakti De Bon, Murray Donaldson and Kym Lyons.

This is a great initiative for the pharmacy to gather together keen local sporting identities and get support from some friends and relatives in the paddling and cycling legs. Sportsbriefs hopes that they will all perform to their best and really enjoy the experience. Let's try and all get behind these keen athletes and cheer them on!

Lorne Netball

At present the Lorne Netball Club is documenting its history. This involves searching the records of all of the eras of the club. Tina White is co ordinating this project which includes the team and player statistics for all grades of the netball. The project has proved difficult as there are gaps in the recorded history of the club. If you are a former player, coach, official or parent who has a piece of history or memorabilia at home please contact Tina on 5289 1785. Even a small piece of information might be a vital part of this large jigsaw of information.

Lorne Bowls Club

The Lorne Bowls Club have had a very productive month with lots of events occurring and also planning an exciting program for the summer period to come.

The men's pennant team are continuing to put in some great performances and are currently 2nd on the ladder in Division 3. A special welcome to Don Baldwin who has joined the club as a member & has played in the pennant team. He is a willing helper with the workload that comes with running a successful bowling club. Congratulations to the following bowlers in the club competitions. The club has also began a bankers competition for those bowlers who don't play in the pennant teams - it is played at home as a mixed competition and has been a welcome addition to the program.

John Tuck and Peter Jacobs in the pairs & Peter Jacobs in the 21 up

The ladies team who are ably assisted by the men have played some great games, both home & away and are currently 2nd on the ladder in Division 3.

The ladies ran a very successful invitation tournament hosting 14 teams - President Helga Lewis thanked all who

participated and the sponsors who make it possible to run this event. Special thanks to chef Mat Dempsey for a delicious meal and the Lorne - Aireys P-12 College for the students who assisted Mat in the kitchen and waited on the tables; they did a brilliant job.

Congratulations to Heather Olney & Jennifer Dulloo for winning the Ladies Pairs competition

Finally I would like to welcome all the summer visitors who will be coming to our beautiful seaside town, and all the bowls club members invite them to partake in the events we have over the summer. They will be advertised on the notice at the club entrance. There will be Barefoot Bowling every Tuesday from 4pm (cost \$10) which includes a free sausage on the barbeque and a free drink, with guidance also provided by bowls club members. Bare foot bowling will be available at other times by contacting the club and making a booking - cost \$10 for 1 hour.

We are looking forward to seeing you all over the summer either on our green and or in the Sea Star Restaurant which has an excellent menu to choose from.

- Jennifer Dulloo

Ladies Golf Update

After a successful 2014, the Ladies Tuesday morning social golf competition has now finished for the year. We will recommence on Tuesday 3 February, 2015 at 9 am. All welcome.

The club will be running further golf clinics in the new year. Classes can be arranged to accommodate all standards of play, from the beginner to players wanting to improve their game.

Please contact Lesley Goldsworthy for any further information on 0437 465343

Summer Tennis

For those locals and visitors wishing to play tennis over summer, Lorne Country Club will continue its organized social tennis on Saturday mornings from 9.00am and Wednesday afternoons from 4.00pm. Visitors are welcome to join in for a visitors' fee of \$5.00. Don's Kitchen is open right through summer at the Country Club for great dining with the best views in town. The junior tennis team will have a summer break with their last match being December 13th, before resuming on January 31st. This team is performing well and will likely reach the finals of their section in March.

Editor's Note

I would like to wish all our readers and contributors a very Merry Christmas and a Happy New Year. Thanks to all those who have taken the time to allow me to interview them throughout the year. Remember just how good you look in Sportsbriefs!

Remember - tell us who YOU would like to see in Sportsbriefs!!

Send articles to byswerdi2@bigpond.com

Or post to: 35 George St, Lorne 3232.



News from the Aquatic Club

A festive air was shared by about sixty punters on Melbourne Cup Day and while many turned to the race card looking to pick a winner, others were happy to go for mystery bets so as to be involved in the day's events.

Some were happy merely to socialise and enjoy the food which featured a wide array of salads prepared by members and still others were to be seen eyeing off the opposition as they waited for the own main event, Fashions On The Field. It looked as though the men failed to really make the effort of previous years and this left the field wide open enabling ringmaster Michael Causon to easily take the prize as most debonair gent. It was a difficult task for the judges - Chris Tully, Clive Goldsworthy and Donna Staley - when it came to judging the ladies however, since they had clearly spent some time selecting their outfits for the contest. After due consideration the title sash was presented to Leslie Goldsworthy, stylishly resplendent in pastel tones of sand and aqua.

With all competition completed for the season, prizes will be awarded immediately after the ANNUAL GENERAL MEETING which is to be held at the Clubhouse on December 6th at 5.30PM. Casey Tully will be at the Clubhouse to have a chat with all and sundry.

Fishing Report

The final round of competition for the year was on Sunday November 2nd with Lorne Leisure and Hardware as sponsors. The weather was blowing southerly and south-westerly at up to 20 knots although temperatures were relatively mild. Only one boat was launched and this by the Commodore in a determined bid to snatch victory and the glory of a clean sweep, having already carried off the Winter Cup trophy. It was not to be. All the action was on the river where the bream were on the bite. The Junior Division was won by Harvey Atwell from Thomas Wallis. Both caught nice sized bream and all place-getters in the Senior Division presented with bream as well. Andrew Clarke from Mt. Duneed placed third, Luke Wallis came in second and Paul Staley was the winner ensuring he held his place at the top of the leader's board. Congratulations to Paul in his inaugural victory in the Major Competition for 2014.

The Snapper Shield has been won by Kaide Love with a fish weighing 7.05 kgs. The NPW was David Griffiths.

- Doug Williams

The Lions Club of Lorne: Christmas Joy to The Leprosy Mission, Thailand

Lorne locals Robin and Pam Plum have just returned from a holiday to Thailand, including working at The Leprosy Mission (TLM) in Chiang Mai. Nineteen people, most from the Geelong area went to help out with various jobs. Robin worked on a house along with other carpenters/handy men of the group, beginning to make it habitable as there was a family waiting to move in.

Pam helped sand back and paint bench seats to be placed in shady spots for Nursing Home residents, she also help prepare and paint the ceilings of one of the two small cabins that were spruced up, again with folk waiting to move in. The group also purchased a BBQ to alleviate stress in the kitchen as there was only one oven.

Dr Trevor and Heather Smith of Melbourne have been in Thailand for over 46 years and even though now retired they continue to work with TLM, recently helping to establish a Nursing Home, funded largely by Doctors in Geelong.

Heather was very grateful for the donation of eight Christmas Cakes and two boxes of Fudge from the Lions Club of Lorne as a gift for the 65 residents, staff of TLM and Nursing Home to enjoy this Christmas.

- Pam Plum



That's Pam (left) and Robin (right) handing out the Lorne Lions Christmas goodies to the staff at The Leprosy Mission in Thailand.



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Lorne Bowls Club

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When?

*At the Lorne Bowls Club every Tuesday, commencing at
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How much does it cost?

*\$10 including Bowls, Sausage off the BBQ and a Beer,
 Wine or Soft Drink*

Who is welcome?

Everybody!!

Bowls Club Members will be available to coach you

Please call 5289 1462 to reserve your place



ALAN GREEN

On Sunday morning a bit before ten
 Marsha said the police car was at Al's.
 We all hoped nothing was wrong, feared a robbery,
 Never thought of Alpal leaving us.
 We hadn't, hadn't,,,,,called in for a while,
 Waved the last time we went past.

Al, a boy of this town, instantly liked by anyone who came
 across him,
 By anyone who asked him to pick up something in the
 truck, he'd bring it down.
 Nothing was too heavy, nothing too big to manage
 Despite the steps, the hills, the narrowness of path or
 doorway,
 There was always a way to get the job done.

Big Al, like Cliffy his dad, was always happy and ready to
 do a good turn for anybody.
 We can be sorry for his last couple of years but can we be
 sorry for that Sunday?
 For Al there's no more pain, no more frustration,
 everything's as it should be.

Hadyn Rickey
 (November 11, 2014)

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TUESDAY NIGHT
 BOTTOM BAR ONLY

Dietes gladiflora - Butterfly plant or Wild Iris



The Southern Blue Gum, floral emblem of Tasmania, is endemic to Lorne and a celebrated plant around here with trees growing down to the shoreline providing us with a distinctive coastal landscape. *Eucalyptus globulus* is not suitable for garden planting (it can quickly grow to forty metres or more) but there is a dwarf variety (*E. globulus nana*) if you feel you have to have one. The taxonomy of eucalypts is undergoing revision even as I write, as is much of the plant kingdom and you will find now that flowering gum, spotted gum and lemon-scented gum have been re-classified as corymbias. These three corymbias are well suited to Lorne conditions. *C. Maculate* –spotted gum- is seen in coastal New South Wales and there have been dozens planted in the vicinity of the hospital sixty or seventy years ago by who knows whom. Like the lemon-scented gum these trees are skyscrapers and will grow fifty metres tall. There is also the odd example of both flowering gums and lemon-scenteds around the town. The lovely, smaller growing flowering gum (*C. Ficifolia*), is emblazoned with blossom from late summer onwards, is easy to grow here and can be obtained in grafted form to guarantee the flower colour is the one you want. It comes in magenta, cerise and creamy white but you cannot go past the vermilion red variety. It is a sensation – an oldie but a goodie!

Further taxonomic confusion faces the gardener who has been calling *acmena smithii* a lilly pillie for several decades and now finds that it has in fact become a *syzygium*. A waterhousia is also in the same family – *myrtaceae* - as these (as are the eucalypts!) and are excellent screen plants which hedge beautifully as well. All lilly pillies have glossy green foliage and can complete an ideal understorey beneath taller gum trees which may well be growing adjacent to your property. I suggest you just forget the nomenclature and the botany of it all and be guided in your plant selection by someone who has already sorted this out and who has already done the spadework of growing these plants.

And then when we come to plants starting with the letter 'D' and an ideal plant that only grows to the convenient height of 30cm to 50 cm (one to two feet in the old) is *darwinia citriodora* which, as the Latin name suggests, has lemon-scented foliage. A drift of these make a good bronze leaved

accent in the planting scheme. *Dillwynias* grow locally but are not going to adapt very well, so we can eliminate them from our choices but then we came to the *dianella*. I pioneered the planting of this in gardens in the 1980's and thought I was onto something new and exciting. As indeed I was and now hybrids of the plant are to be found in nurseries the length and breadth of the country. When strap-foiled plants caught the imagination of landscape designers in this country it opened the floodgates for a torrent, a deluge, a virtual flood of different species that were soon also to be described as vertical accent plants. Foremost among these has been the *lomandra*. *Lomandra filiformis* is a tufted plant, a small variety which can be found at many local sites, including the Lorne Country Club, the rough on the sixth for example. The straight hitters among you golfers may never enter the rough and will miss seeing these growing there accompanied by various other wildflowers. If you pronounce *Lomandra longifolia* with the Mediterranean inflection of a Latin lover it sounds pretty sexy and desirable. Many garden designers do indeed find it desirable, irresistible in fact and as a result of this affection it can be stumbled upon in municipal plantings from Hobart to Cairns. Selective propagation has produced *lomandras* as a number of improved hybrids as well as dwarf varieties. It is hardy and loves water but can happily struggle along through drought much as can that pernicious and abhorrent South African weed, *agapanthus*. Please remove any *agapanthus* you see in public reserves and do not entertain them on your own land. The claim by those who would tolerate them is invariably, "Don't worry. We will dead-head them before they go to seed, so they do not spread their seeds." Often the intention is not equal to practice in this regard and the plants escape and go feral. It is said that the path to Hell is paved with good intentions. Well, there are bound to be billions of *agapanthus* on the way down. Do not give these pernicious weeds a ghost of a chance. Eradicate them. In much the same way that sweet pittosporum is invading the bush, *agapanthus* is gaining a foothold to the detriment of our environment.

On the other hand *Dietes grandiflora*, also from South Africa, is an acceptable strap-foiled plant with a slower metabolism, so to speak, than *agapanthus*. Known as Butterfly Plant or Wild Iris it grows erect, does not become invasive or rampant and produces pretty, open flowers that light up an overcast day in a special way. They seem to glow after a rain shower, their white flowers streaked with mauve and yellow. Some people claim that their flowering is a harbinger of rain. There are other species of *dietes* but this is the best one to choose. It is not a demanding plant and can be grown under varied conditions including low light and it is drought proof. All of these strap-foiled varieties can be viewed as a ground cover if you are not expecting a ground cover to be ground hugging as is usually the case. Interestingly there is a species from Lord Howe Island (*Dietes robinsoniana*) related to these Africans and perhaps separated from them as Gondwanaland drifted apart.

Doug Williams is a local landscape gardener and a keen observer of nature. His contact number is 0418 522 011



This and that

It must be nearly Christmas because the grass is brown, the gum leaves are browning off and falling and Foodworks has a very precariously perched Santa bobbing on the roof. The holiday season will soon be full on with all the best of the rest filling up our empty houses and adding a touch of the glitterati to our renewed, re-energised and welcoming Main Street.

Celebrating 10 Years Australasian Multisport Championships December in Lorne starts with a workout for the terminally fit and healthy with what is now called the Lorne Adventure Festival Weekend held 6-7 December. It comprises, for solo, pairs or teams of 4 the Lorne Adventure Race which includes 1.9km swim, 16km Ocean Paddle, 16km Coast& Trail Run 23km Camelbak Mountain Bike and 700m Beach Run. For a less strenuous effort try the Mini Adventure Race – half the distance but just as rewarding AND Junior Survivor Lorne - A super fun running and obstacle adventure challenge for kids! There is also a Saturday night fiesta on the Lorne foreshore contact www.rapidascent.com.au

If you want a quiet retreat from the bouncing foreshore try QDOS on the 6th Dec and enjoy Dr Hernández grooving along with Cumbia, sweet reggae featuring Sally Ford, Patrick Cronin, Michael Havar, David Joseph and Shannon Birchall. Dinner from 6pm-8pm (menu prices), Show at 8.15-10pm \$30:00. Bookings essential – 03 5289 1989.

- A.E.

FREE Financial Counselling at Community House

Diversitat Financial Counselling is a free and confidential service. We aim to assist and support people in financial difficulties. The program is government funded and therefore can provide assistance with no conflict of interest.

An outreach service will run at Lorne on a monthly basis from Lorne Community House and if you would like to find out further information or make an appointment, please telephone our Financial Counselling intake line on Ph: 5221 6044.

Lions’s Melbourne Cup tour triumph!

The Lions Club of Lorne was honoured to host the Emirates Melbourne Cup Tour during the Spring racing carnival. A huge thank you to all those involved.

There are far too many people and businesses to mention here. You know who gave and those people that did give, I am sure all feel a level of satisfaction. Please realise that your efforts helped raise \$11,800 towards our local Lorne community. So we all win, we all backed a winner.

We all had fun. Thank you Lorne.

The Touring party and our local lions members created, with the help of many community groups, an once in a life time event, across local iconic spots in Lorne . The Swing Bridge, the Pier, the Lorne Surf Club Nippers, the Lorne P 12 College, and, many more sections of our community witnessed the magic of the iconic sporting legend first hand and will never forget the magic that surrounds the cup and race.

We thank Emirates airlines as the major sponsor allowing Australians the opportunity to appreciate a world famous sporting event here in Lorne. A special thank you to the Grand Pacific Hotel staff, Bryce and his team clearly were wrapped up in this event. That’s what the cup does - it creates energy and excitement among everyone. Thank you to our community you do support quality events, the Lions Club of Lorne will be back in 2015 with quality events for you and your family to enjoy.

May you enjoy the spirit of Christmas shared with family and friends. Merry Christmas and a very happy new year.

Stephen Hishon
President Lions Club of Lorne.

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Lorne officially opens its show-case GOR Heritage Centre

Lorne's fabulous new \$790,000 Great Ocean Road Heritage Centre is now open.

Located to the rear and side of the present Visitor Information Centre, the annexe has been designed as a tourist feature to highlight the building of the Great Ocean Road as the world's largest war memorial.

Designed by Surf Coast architect Peter Winkler and developed by Sue Hodge, one of Australia's leading heritage interpretation businesses, the centre includes a new gallery, exhibition and storage spaces.

Existing visitor facilities have been improved to better enable staff at the centre to handle the more than 157,000 walk-in inquiries they receive each year.

At the official opening, the Member for Western Victorian Region David O'Brien MLC said that the heritage centre will make an excellent addition to the already strong tourism offerings of the region.

"It has the potential to boost the local economy by encouraging more people to come and discover the GOR's powerful history," he added.

An important part of the centre's offering are the stories of the 3000 Australian ex-servicemen who helped build this world renowned Victorian icon.

At a well-attended event recently said to have been held exactly 82 years to the day after the road was official opened, VIPs included politicians, Surf Coast Shire councillors and administrative staff, as well as people who staffed the centre and those from the local community.

Volunteer Ian Walding had a camera thrust into his hand and told to record the event - all pictures illustrating this story are Ian's work.

However, as luck would have it, it was only the following day when all the noise from the activities had died down, that two adult koalas took up residence in the low trees immediately in front of the entrance to the centre.

Needless to say the trees were immediately surrounded by visitors, all pointing fingers and cameras upwards.

Sorry Ian! It's called a lost photo opportunity!

(All photos by Ian Walding)



Top photo: The rear of the GOR Heritage Centre.

Please note the wooden picnic table for the convenience of both volunteers who attend the Visitors Centre seven days a week, and for tourists and other visitors needing a break.

Cutting the ribbon: From the left, Gary Allen, president of the Lorne Historical Society which contributed many of the images used for the inside panels, Lorne's historian Doug Stirling, David O'Brien, MLC, Member for Western Victorian Region, and Surf Coast Shire Mayor, Councillor Margot Smith.



In the photo on the left, Lorne resident Jan Spring stands before one of the panels showing the rough terrain the men faced when working on the road. Various text panels around the gallery tell the story of the road's construction; there is also reference to the general history of the region.

Quick Reference Guide

The Lorne Community Hospital offers flexible and acute beds for public and private patients. We can accommodate patients requiring acute care, basic rehabilitation, restorative and palliative care. Patients are provided with 24 hour nursing care, supported by the on-site general medical practice.

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What services benefit me?

The Hospital offers a range of services that are available to both local residents and holiday makers. For further information or to book an appointment, please contact the Hospital on **5289 4300**.

Respite Care - provides short and long term limited breaks for people and their carers. We are able to provide this service on a one off or regular basis.

Haemodialysis - available to both residential and holiday makers, including visitors from interstate and overseas. Dialysis bookings are taken via the Hospital.

Community Care Team - we provide care in clients homes seven days a week for eligible patients. Please contact the hospital to discuss your treatment plan.

Physiotherapy- uses manual therapies, exercise programs and electro-therapy techniques to treat musculo-skeletal conditions (such as arthritis, sports injuries or back pain), neurological conditions (such as stroke, multiple sclerosis and spinal cord injuries) and cardiothoracic conditions (such as emphysema, asthma, chronic bronchitis). Our team of physiotherapists are available 5 days per week.

Osteopath - Osteopathy involves soft tissue work, stretching and manipulation of the bones and muscles to promote mobility and restore the body's balance. Osteopaths treat disorders such as back and neck pain, headache, joint pain, arthritis, repetitive strain injuries (RSI), vertigo, sciatica, sports injuries and tendonitis. Available on Mondays.

Massage Therapist - relaxation, remedial, trigger points and deep tissue therapy. Available on Wednesdays.

Lorne Community Hospital Information:

Phone: 03 5289 4300

Fax: 03 5289 2313

Email: enquiries@lch.org.au

Address: Albert Street, Lorne, Victoria 3232

Visiting Hours: 9am - 5pm

Remembering Lorne in the past It started with Queens Park

My good mate Des Jones asked if the Rice family would like to camp at Queens Park. Our answer yes meant that from the Christmas of 1970, and each Christmas for the next twenty years, our holidays were spent in Lorne.

Queens Park was pristine in those days, there were very few houses located around the park. We camped on a terrace overlooking the ocean. We spent two weeks to prepare the tent, I made the furniture and Joan organised the family for the start of the school holidays. The school Christmas holiday period was longer in those days and we would leave the tent and return for Easter. We booked through Maree Bannister

who, along with the caretaker, was fantastic looking after our site.

The size of the tent grew as the family grew (Julie, Geoff and Ian) and we established a group of young families who clicked and the children gained many aunties and uncles and a group of young friends. Our mob consisted of the Jones', Rices, Youngs, Lukies and Johnstons. Around 1975 my mum purchased a block of land on the old Kia-Ora guesthouse site and built a house. Mum enjoyed ten years in Lorne, supporting the bowling club, Red Cross and other community organisations.



Sunbathing and relaxing was the order of the day for most of the families who flocked to Lorne in the 1960s.

The rotunda at Queens Park was divided into four sections with cooking facilities in each section. The showers were heated by coal-fed boilers and we all helped to stoke the boilers. The laundry had the old fashioned coppers. These facilities would now be regarded as primitive, but the shared tasks helped to bond the group. We have remained close to this day. We have an annual reunion with three

of the families in Lorne, a highlight of the year.

Our entertainment during the day was the beach; walking along the rocks, swimming, kite making and flying, and fishing. A favourite sheltered spot was on the river side of the groyne; great for sun baking, cricket and a swim. The weather was rarely inclement, but if it was we walked the tracks to the many falls and beauty spots around the township. Tennis was popular, playing on the asphalt courts next to the old bowling club, and fetching the key from the Ozone Café. We also played golf at Allenvale.

At night, dinner was often the fish we caught, then we would yarn around the fires, or dance in the hall. We met people from all walks of life sharing conversations and experiences.

They were wonderful times.

Merv and Joan Rice,
(For the Lorne Historical Society)

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Our expert tax advisor in Lorne, Michael Davis, can assist individuals, farmers and businesses to maximise tax refunds and minimise tax payments.

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Letters

Another way to fool the cockies

For some time I have employed reasonably heavy fishing weights strung on aluminium or steel wire at the non-hinge extremity (inside) of my dustbin.

It seems to have worked so far, apparently being too heavy for the cockatoos to lift.

Andrew Strang

Lorne

Lions need help with Easter Art Show

The Lions Club of Lorne 44th Easter Art Show due to be held in 2015 is in jeopardy due to lack of funding.

If there are any organisations or individuals who would like to sponsor a prize we urgently need to hear from you.

This iconic event draws large numbers of locals and tourists each Easter. It is a major fundraiser for the Club which supports many local projects.

We need your help to continue.

Marg Cartledge, Secretary

Lions Club of Lorne

0408 599 336 or margcartledge@hotmail.com

Garage sale

Studio/garage sale 13 and 14 December 2014, 9 am to 1 pm at 25 Ocean Road Lorne, north side of Swing Bridge. We have to clear our mum's (Roma Pitt) studio and cull a lifetime of collecting. Items for sale include artworks, art materials, handmade pottery figurines and china painting supplies; retro bric-a-brac from the 1950's and beyond; furniture and household items; pots and pedestals.

Karen Pitt

Lorne

Vale Molly Spracklan

Long-term resident of Lorne, Molly Spracklan, passed away on November 3 in her Preston nursing home, aged 84. For many years she was a familiar sight around the Lorne township, as she walked, pushing a shopping jeep for stability, and accompanied by her black and tan, kelpie-cross dog. She was not afraid to walk well onto the road, keeping away from the edge in case of a fall. (but much to the dismay of her daughter Jane).

For some years previously, she lived in Lorne and commuted from her Otway St house, into Geelong and districts, working as a dental surgeon and supervising dental therapists in the field.

An early stroke at age just 55, left her unable to drive



and with significant communication difficulties.

However, all the walking, plus her absolute tenacity and determination, kept her fit and active for many years more.

Eventually she moved to a unit in the Lions Village, and then to Elouera, the nursing home in Torquay.

After five years there, she moved to

Hilltop in Preston, with Jane living nearby. Jane wishes to thank the Lorne community for looking out for Molly, looking after her and giving her much love and support over the years.

In accordance with her wishes, her ashes will be scattered in Lorne on December 6. Anyone wishing to attend is most welcome and can contact Jane on 0413 295

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On a moon red in the sky

**Night sky's orchestra
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While the red moon sings**

**Bryan Poyton
Lorne**

Lynton's reflections

I was born in Yarraville and for a long time I thought it was pretty cool to have an inner western suburb as your birthplace 'working-class boy from the west makes good'. Now it's almost prestigious as an address.

But, truth be known, I was 3 months old when we moved to Kew and I ended up going to a Grammar School and being rather well off. It was part of my father's intention to do something meaningful with his (and our) life. And he did it! Even to the extent of being the Mayor of Kew for two terms (working class boy from Bendigo makes good).

If you had the choice, where would you want to have been born? What suburb or town would you want to have on your birth certificate or passport?

I still like Yarraville as my birthplace.

The bigger question behind it is about your home. Where do you 'belong'? For some of us, that's easy. Born there, grew up there, moved back there. But for some of us it is more complicated. Most of our children attended six schools over the years as they were dragged from suburb to city to town to suburb with my moves from church to church.

Both our boys are back in Adelaide where they did most of their secondary schooling. In a way, Adelaide is their home, even though you can't get steamed dim sims there.

Both our daughters have come back to Melbourne with their husbands and children, which is great for us, but their loyalty to Melbourne is shared with allegiances to Adelaide and England.

Where do you belong?

I only ask because I know how complicated life can be and Christmas is a terrific example. Where will you spend Christmas Day? And with whom?

I think Christmas Day is the most complicated day of the year, especially when you have married children and grandchildren. But there's a good precedent for being 'away' on Christmas Day. Mary had to travel to Joseph's family town - Bethlehem - at the time her baby was due. No small thing in those days to be away from friends and familiar things just when you're going to have a baby!

And they didn't get back to Nazareth for a while, until Herod lost interest in finding this new King that had been born.

Another part of that question about where you belong is where do you want to be buried or have your ashes placed? I heard about a woman who was going to have her ashes scattered in Myers so that, at least, she would be visited once a week by her daughter.

Where do you belong? For Christians it mightn't be such an issue because we belong to God and we'll be 'going home' but it might be an issue for our family and our friends.

- Lynton Wade

Anglican-Uniting Church

Our Christmas Service times will be:

Sunday 21st Dec.

10.00am Service of Readings and Carols (at St. Cuthbert's)

Christmas Eve (at All Saints):

5.00pm The Christmas Story (Children's Service)

7.30pm Carol Singing

11.00pm Midnight Communion Service

Christmas Day (at St. Cuthbert's):

9.00am Christmas Service (inclu. Communion)

A reminder: There will be 'A Pleasant Sunday Sunday Afternoon' on January 18, 2-4pm at the Senior Citizens Centre. No charge - great hymns, class entertainment, exquisite afternoon tea ...a delicious time.

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Hay fever really gets up your nose

Hay fever is a term used to refer to allergic rhinitis. It is commonly caused by seasonal exposure to pollen. Allergic rhinitis can cause significant irritation and interference in a person's daily activities, and considerably reduce quality of life.

Allergic rhinitis is one of the most common chronic respiratory conditions in Australia. It affects around 15% of Australians, or 3.1 million people. Clearly then, hay fever is not a condition to be sneezed at.

Research has shown that most people inherit the tendency to suffer from hay fever. If one parent has allergic rhinitis, their child has about a 30% chance of experiencing hay fever. If both parents are sufferers, then the risk shoots up to about 70%.

The signs and symptoms of hay fever develop as the result of the body's immune response. Substances, which would ordinarily cause no reaction in most people, may cause a severe allergic reaction in those who are hypersensitive to them.

At this time of year the most likely trigger factors (or allergens) include pollen and other windblown substances. But people can experience hay fever at any time. Another common trigger factor is exposure to dust mites. These microscopic animals live in their millions in pillows, sheets, blankets, doonas, curtains and carpets. With the huge range of places where dust might be found, it should be no surprise that many people sneeze and wheeze from breathing in dust mites. Similar year-round (or perennial) signs and symptoms can be caused by animal dander – the dead skin cells from our pets, especially that of cats. In addition, mould spores which are often found around the house, can cause allergic rhinitis.

Another problem is exposure to cigarette smoke, which may increase sensitivity to allergies and consequently lead to a greater likelihood of developing hay fever.

Finally, occupational hazards such as working with wood dust, seed dust, textile dust, rubber latex, some chemicals and certain foods and spices, may also increase the likelihood of becoming a hay fever sufferer.

But it's not all doom and gloom. Avoiding known trigger factors is the best way to avoid hay fever, but that is not always possible. Hay fever can be very well managed with medicines, many of which are now available without a prescription.

When medicine is required, the product choice will depend largely on the severity and frequency of signs and symptoms. For example, mild symptoms which occur for less than four days a week, or less than four weeks at a time, often respond well to oral antihistamines available over-the-counter from your pharmacy.

If signs and symptoms persist or adversely affect sleep/work, school or leisure activities, then sometimes a stronger product is needed and intranasal corticosteroid sprays (Beconase, Rhinocort or Telnase) may be helpful. If very itchy eyes are a concern, anti-allergy eye drops (Eyezep, Livostin or Zaditen) should be considered. An antihistamine spray (Azep or Atrovent) may be used when the nose is 'constantly dripping like a tap'.

Staff in your local pharmacy can assist with the selection of the most appropriate product(s). You can get even more detailed information on how best to manage allergic rhinitis from the Self Care Fact Card titled Hay Fever available from pharmacies providing the Pharmaceutical Society of Australia's Self Care health information.

For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or go to www.psa.org.au 'Supporting practice' then 'Self Care', and 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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B.J. Novak

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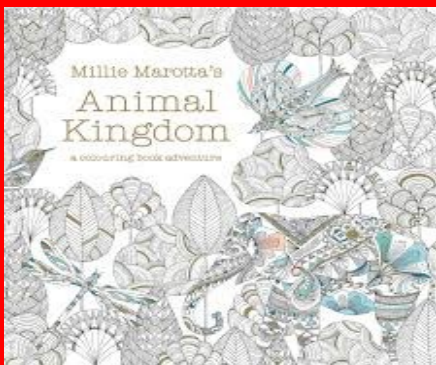
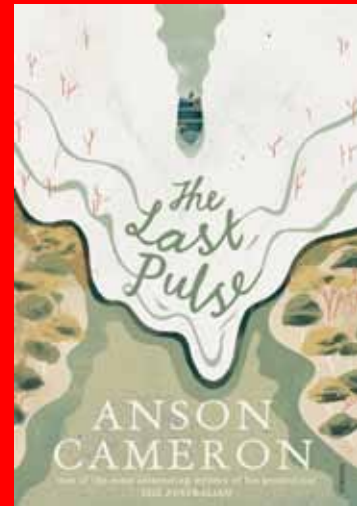
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