

# LORNE INDEPENDENT

\$2

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## Dramatic winds of change for Lorne Football-Netball Club

The Lorne Football and Netball Club is about to embark on an exciting new era with a new executive committee dedicated to unifying and strengthening the Club.

At the Annual General Meeting of the Club on 25<sup>th</sup> October a new committee, representing our town, was elected and quickly swung into action to build a new era of sustainability both on and off the field.

Key committee positions of President, Vice President, Secretary and Treasurer have been taken up by respectively by Ken Hosking, Shelley Ryan, Maxine Spizzica and Clive Goldsworthy. This brings a wealth of management experience and enthusiasm to the Club.

There are eight other committee members who bring with them a range of football and netball experience and also help unify the football and netball departments. They are Miah Atwell, Hayley Bloor (netball co ordinator), George Dragovitch, Ian Stewart, Kevin van Deuren, Peter Wheal, Rick White and Ross Umbers.

People have asked Sportsbriefs many questions about this revitalization of the Club. The answers to six key questions appear below:

### What is the Club trying to achieve?

The committee was concerned that the running of the club was being left to just a few dedicated individuals and that the Club needed to broaden and strengthen its on and off-field position. One of the sparks that has ignited this fire is that both the senior and reserves football teams finished at the bottom of the CDFL ladder last season. This was a dramatic fall after the Club won the senior Premiership in 2013 and the reserves being runners-up. So the committee is trying to build a new era of success. This involves decisions being made that will help rebuild the teams at all levels – from the under-age teams right through to the seniors.

### Why is it important?

Football is the sport that is uniquely Australian. Supporters marvel at the spectacle, with players showing a diverse range of foot and hand skills that need to be executed at split-second pace while under enormous physical pressure from their opponents. Great fitness, courage and determination are required to help you and your team mates achieve a win in all conditions. When people first meet one of the key questions is “what team do you follow?” The Australian culture is to support your football

team through thick and thin, and to ride all the bumps and even disappointments that might follow. Your town can be put on the map by team and player performances, such as Boggy Creek becoming well known after Geelong’s Paul Couch won the 1989 Brownlow Medal.

### How do you build a successful era?

There are clubs and teams that may have a successful season or two, possibly by having a couple of star players firing in key matches, but then they can fall away. Building a successful era requires both on and off-field development and commitment from the Club, right through from the junior teams. In the AFL Geelong has been in this successful era winning three Premierships in six years and earlier Brisbane won three successive Premierships – narrowly failing to win a fourth. Essendon’s team of the early eighties was known as the ‘baby bombers’ and

Continues page 3



Allan Wall, President of the Lorne and District Men’s Shed committee on the site of the future Lorne Men’s Shed. A dedicated area in one corner of Stribling Reserve has been market out and construction is due to begin soon. There are already more than 60 signed up financial members. See story page 9

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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.

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## From page one: Dramatic changes at the Lorne Foot- and Netball Club

went on to play in three successive Grand Finals. This was a clear display of a group of young men creating an era of playing success in a very well managed club. Lorne has previously had successful football eras, most notably when they won four Premierships in a row in the late Seventies. Lorne's A Grade netball team looks to be right on the verge of a successful era, not only with their great success last year, but by being able to infuse quite young players into the senior ranks.

### Who are the coaching staff?

Jason Langdon has been appointed Senior Coach for 2015. Jason will be a non playing football coach and is well known to Dolphins' supporters in his previous roles as a former key position player, playing coach and also having done a term as Club President. Kyle Hollmer will coach the Reserves team and these two keen and knowledgeable coaches will work well together and with the players. Shelley Ryan, Carly Enticott and Hayley Bloor will play key roles with the netball teams. Shelley and Hayley will also have active committee roles.

### Who will actually play?


Keeness and dedication are vitally important but so is the playing list. A large group of more than thirty players has already been on the training track and most are locals or have strong local connections. There are links to AFL players too, with household names like Turner, Barham, Buchanan and Steven having family members Che, Jaxson, Callum and George respectively on the 2015 playing list. At the family night on 19<sup>th</sup> December the footballers and netballers looked enthusiastic and sharp in their workouts. Along with the players looking sharp, almost all committee members were present – not just watching – but performing those important roles behind the scenes that enable sporting clubs to operate, be successful and respected.

### How can you get involved?

We are all able to be involved in a number of ways. Being a member, or sponsor, changes you from being merely a barracker to a genuine supporter of your club. Membership is quite affordable and shows your ongoing commitment to the Club. The money from memberships helps your club budget for the upcoming season. Lorne's home matches are held at our wonderfully refurbished Stribling Reserve and we can do the venue proud by being there in full voice to support our football and netball teams. This is a great gathering place for our whole town. To field the required number of junior and senior football and netball teams requires nearly two hundred players, coaches and officials to be available! That is an amazing task for our small town of about a thousand people. Those enabling this to take place each week deserve our full support. Sportsbriefs wants all of us when asked who we follow to say your AFL team, eg Saints, Cats, Hawks etc, but then to proudly add AND THE DOLPHINS!

This article was written by John Ford, an award-winning journalist who is Sports Editor of the Lorne Independent.

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# The Louttit Loop



Congratulations on surviving the Christmas hoo haa. Lots of lunches, drinkies, our gorgeous Carols concert, much planning & shopping, and traders happy with pre-Christmas action. The long awaited Chrissy Holidays are finally here! Well and truly. The gentle hammering of tent pegs into sandy Lorne soil is a joy as happy campers relax, read and renew friendships, pyjama clad kids dart over to the supermarket for icy

poles, brekkie bits and bobs! Parking is the only worry.

*Actually, a well known local mum was observed one recent evening nicking into Don's Kitchen at the Lorne Country Club to collect a big Chinese takeaway order - in her PJ's. Don't you love it? Portsea it ain't!*

It has been a sad year for Lorne with so many iconic darlings passing on. Others have moved closer to their kids elsewhere, nearer to medical specialists they need, and to less hilly safer gardens! On pondering where Tom and Roma Johnson had disappeared to – we discovered that Tom had indeed died and that his funeral was quite eccentric, ending with the congregation Zorba dancing out of the Church. RIP Tom.

*Helene Harry also peacefully passed on in November. She and Garth had moved to Geelong, and now this great Lorne couple are both gone. Helene was a terrific writer, a party lass and sure cut to the chase in any conversation. They shared a couple of tinnies each night, and Helene purchased her regular two slabs at the Country Club. It's interesting - her death co-incided with the completion of a fantastic reno on the Harry's former home. Just as the newish owners moved back in, Helene 'travelled on'. She will not be forgotten.*

Neither will sweet Sheila Atkins be forgotten. She had also relocated to Geelong after a long and happy Lorne stint. So many memories of her – a huge smile and gentle ways. One of the worst things about moving to Lorne is that we become so fond of these very special senior residents. 2014 was a bad year – but then again, the hills help us fit old folk live much longer – fingers crossed.

*Welcome to all the tiny special new arrivals these last few months and apologies for not heralding your births – Lillian's sources are not as reliable on births as they are on deaths! That says it all! Hopefully this situation will be rectified in '15.*

Towards the end of December Michael Callanan (Camel) was finally free of tubes, drips and infections and moved to Caulfield Repat. Sadly, a four day Christmas stay at our Lorne Hospital had to be deferred. After eight months in the wonderful Alfred recovering from complications after his heart transplant (mind you the heart is going well!) this was very disappointing for the family.

*OK, so for those who are still feeling 'alively' - git to the Visitors' Info Centre to check out the fantastic interpretative display of the history of the Great Ocean Road in the purpose built beautiful new building. Grab a free Surfcoast Shire art calendar while you're there.*

The Op Shop team were thrilled to be the first to toast the newly completed accommodation on the old Matron's cottage site at the back of the Hospital. Well deserved, as they donated \$200,000 to help make it all happen, and are kicking in towards the oh-so-tasteful furnishings also.

*Lorne Adventure Festival organisers made a superb call after the prediction of extreme weather on race day – quickly altering a million plans and running all Sunday races on the Saturday. Luckily – as a mega Sunday easterly hit Lorne. Congrats to the amazing team from our Pharmacy who had great success, snatching a winners trophy!*

Local St Kilda fanatic (obvious by his truck) purchased two large old lidded 'vases' from our Op Shop. Had to take a trip to the Police Station after discovering bags of 'white powder' concealed in one of them. Cops are not planning a drug raid on the Op Shop volunteers. But if you were visiting Grannie and hid your gear in an old dusty vase and then – surprise surprise – forgot where you stashed it – suffer!!!

*It gets worse! The Thursday Oppie team dealt severely with a large delivery of porn DVDs – except for one sold in a Winnie The Pooh CD cover – "Karma Sutra - Carnal Heat" was just retrieved (and binned) as it slipped into the slot! Try explaining that to an eager two year old Pooh fan. Tut!*

Escalating numbers of annoying telemarketing calls may signal the need to phone the Do Not Call Register to register or to check your status – 1300 792958.

*How clever of the incredible Lorne Falls Festival organisers to issue \$30 car passes for each vehicle, refundable if cars contained three or more ticketholders! No wonder this event was recently inducted into the Hall of Fame at the RACV Tourism Awards. Congratulations to the entire team once more, and thanks from the community of Lorne for the generous annual pre-Christmas donations to various needy organisations here.*

Regular barbeque cookers in Lorne are well used to kookaburras pinching snags from barbies and plates – but a group of schoolies lunching on parmies at the Lorne Hotel were furious when a yellow crested cockatoo swooped in, grabbed the entire parmigiana and took off dangling it precariously.

*It was bad enough farewelling Lyn and John Morrison to their awesome new Geelong abode, and now Pam and Ken Read ("Splash") have sold Dorman Street and moved to Williamstown. However, they are having three weeks at the Grand Pacific early in January which is good news for all.*

Those who attended the Men's Shed 'tribe's' inaugural BBQ on the proposed site of the shed-to-be were an incredibly diverse mix of fascinating folk, c/w invited partners. Augers well for the future.

*Andrew "Rumpole" Ramsay is sporting some new specs from our own Surfcoast Opticals near the River. Nothing unusual in that eh? But this pair are gold John Lennon replica glasses made on Saville Row.*

The famous fabulous Lions Easter Art Show is appealing for a couple more sponsors of \$\$ prizes for successful artists. A dozen readers/writers gathered for a Christmas break up 'feast' and were moved to donate \$20 each and...bingo... the Peoples' Choice Prize had a new sponsor! Ring Marg Cartledge if you can chip in and help – 0408 599366.

*A recent study found that the average golfer walks about 1,450 kilometres a year. Another study found that golfers drink an average of 100 litres of alcohol a year. This means that golfers get about 6.9 litres per 100 kilometres!*

Late news: A Japanese restaurant has opened under the Cumberland. Banzai! Takeaway as well.

*Finally, festive thanks to Rita and Robert Costa (and Lisa too) for the amazing annual extravaganza of welcoming Chrissy lights on their house in north Lorne. And that's your lot for 2014 and I wish each of you a very happy, safe, enriching and fun filled 2015 – as the song goes – "Stayin' Alive". .....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.

As usual the LorneCare team will be cleaning up the Lorne foreshore and beach on New Year's Day starting at 6am.

There will be no monthly working bee in January. Working bees will recommence on February 15, 2015.

See February issue of the Lorne Independent for details.

For more information about LorneCare contact:

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# Lorne Independent



## Shame, Shame!

The above photograph, taken by local photographer Warwick Tucker, shows what we residents are capable of when reason and the community spirit has departed.

The permanent enclosure is situated behind the Stribling Reserve and is there for non permanent residents to deposit rubbish.

Unfortunately, it's also a convenient rubbish dump for people who don't give a stuff about others, least of all about the smell and resulting eye-sore.

The Surf Coast Shire has now put a roof on top of the structure to stop cockies opening the bins, and though this has worked, people still just throw rubbish bags outside beside the door, an open invitation for cockies to rip open and test their luck.

"I've personally stopped and picked up litter in the surrounds, but unfortunately with the continued excess dumping it's pointless," Warwick said.

The Surf Coast Shire is well aware of the problem and the Lorne Independent has it from a good source that it plans to relocate the shed to the official tip up on Erskine Road.

And you'll probably have to pay for your rubbish!

The tip is superbly managed and the eagle-eye of the supervisor is sure going to stop the anti-community habits of a few recalcitrant part-time and permanent residents.

It's a pity the council has to take such drastic action for the sake of a few who have no community conscience.

Shame on them!

- Jo Vondra



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# Lions Club puts on a spectacular Carols on the Lorne

Local Tara O'Neil and boys and girls from our own Lorne Kindergarten, Rebecca Hay, Ann-Maree Keefe, the Airsongbirds and the multi-talented Justin Gall lead a line up of talent that entertained at the recent Carols on the Lorne.

The weather was almost perfect for this outdoor event with a mild later afternoon though the air did chill somewhat as the evening progressed.

Rain was mercifully absent.

Justin Gall, a musician in his own right, MC'd the night as well as sang a number of traditional carols. He and his wife Jodi are lead pastors at the Kardinia Church in Geelong North.



About 150 people attended the new traditional event held in the grounds of the Uniting Church in Mountjoy Parade, and popular carols included Hark! the Herald Angles Sing, O Holy Night, Little Drummer Boy, Silent Night and O Come Immanuel.

The night was organised by the Lorne Lions Club under its president Stephen Hishon, with Pam Plum in charge of the organisation.

The Lions Club had a sausage sizzle going earlier in the evening and there was a steady line of hungry people.

Annie McMahon and helpers entertained the young children with face painting activity.

Ed Babington with members of the Lorne Anglican-Uniting Church organised a small live nativity scene, though this year the sheep were cut-out paperboard with glued-on cotton after the live sheep escaped last year and had to be chased down Mountjoy Parade.

Part of the Nativity scene on the left - Ed Babington, front, David Walker and Ian Lovel.

Father Wally Tudor, the Catholic Parish priest at Apollo Bay Parish gave the Christmas Blessing.





## News from our Councillor for the Lorne Ward

Two years into my four year term as your Lorne Ward councillor, 2014 has been another eventful year for our community; we have had our share of triumphs, sadness and challenges for many members of our communities. Our magnificent community spirit and our sense of place makes for a fantastic living experience. Looking through my 2014 diary highlighted many successful events, community gatherings and renewed Community engagement.

So what has happened over the past year.

- Successful events have been held including the Lorne Sculpture Biennale, Lorne Performing Arts Festival, Lorne International Film festival, the Model Boat Regatta along with numerous sporting events including swimming and cycling. Check out the Love Lorne website for all future events. [www.lovelorne.com.au](http://www.lovelorne.com.au)
- Our beloved Swing Bridge was finally rebuilt in time for the Sculpture Biennial. It is great to experience the bridge is beginning move and bounce again.
- The “Dart” and the “Pack” finally found their rightful locations on the foreshore. Special thanks to Graeme Wilkie and Deb Campbell
- Further remediation work has been completed on the Deans Marsh Memorial Hall and surrounding areas thanks to the Committee of Management and Jarrod Westwood from the Shire,
- The Committee for Lorne released the first official visioning document by our community – Achieving Lorne’s Aspirations. The document can be found on [www.cfl.org.au](http://www.cfl.org.au). The Committee is busy developing a strategic plan on Affordable Housing.
- The Men’s Shed has received State and Local

Government funding for the shed’s construction. The shedders recently held a community BBQ on site and was well attended for over 60 members of the community. Committed in-kind support from our local tradesmen, various clubs and association will ensure the success of this project.

- The Stribling Reserve major works program including new oval drainage, re-grassing of the playing field the Netball court refurbishment to comply to Netball Association standards has been completed.
- The Lorne Football and Netball Club has established a new Committee with various sub-committees formed to ensure the Club remains an integral part of our Community. Check out their Facebook and Website for further information.
- Telephone calls and emails from ratepayers and members of the community continue to keep me busy, some expressing frustration, some irritation and even some positive feedback. I hope I have managed to resolve the issues and apologise where I have fallen short.
- Community engagement starts with communication. Over the past year my email list continued to grow with over 700 registered recipients. I would encourage you to send your details to the address below if you would like to be kept informed of relevant issues.
- I look forward to seeing you out and about this festive season whether you’re a homeowner or visiting for the first time. On behalf of the Lorne Ward, I’d like to wish you and your family a safe, peaceful and joyous festive season

Cr Clive Goldsworthy

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**From page one**

**Lorne and District Men’s Shed should be finished by the middle of the year**

**Some 60 Shedders and friends ...but no Shed yet!**

All going well, the first clump of earth to build the Lorne and District Men’s Shed should be turned at Stribling Reserve on January 24 with construction scheduled for completion about mid-year.

About 60 Shedders, families and friends recently attended a ‘Shedders Christmas BBQ’ (picture right) to hear a progress report from President Allan Wall.



Allan said that after some months of dealing with bureaucracy and also finding appropriate funding, the way is now all clear to pour the slab and start on the shed, with plans to finish it by May and then to be fitted out as funds became available.

He said as part of the bureaucratic process, the Shed Committee had to

- Provide a 100 page submission
- Hold monthly ‘Cluster’ meetings
- Provide a 40 page arborist report
- Complete a BAL rating report
- Complete a number of soil tests and other

requirements

“It seemed to go on forever and ever,” he said. “But we are now ready to go.”

The Shed Committee, elected at a community meeting on July 8, 2013, consists of Allan Wall as president; other members are Councillor Clive Goldsworthy, John Tuck, St John Sutton, and Tony Peddie.

The Lorne and District Men’s Shed already has more than 50 paid-up members and acquired enough money from Surf Coast Shire and State Government grants to put up the building.

In addition, the Lorne community also helped out with tools, equipment and free labour with the Stribling Reserve Committee granting permission for the Shed to be constructed in a corner of Stribling Reserve itself.

“The Shed will become an asset of the Shire once completed, and is in line with the Government’s Health initiative for men who would otherwise sit at home on their own or annoy their wives or,

as has happened in the past, leave Lorne completely,” Allan Wall added.

- JV


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# Sportsbriefs with John Ford

## Life Membership Award to Sam

Sam Coulson has recently been elevated to Life Membership of the Lorne Bowls Club and is very deserving of this award. In interviewing Sam for this article he was very modest of his years at the Bowls Club and is truly one of those 'quiet achievers'.

Sam really enjoys playing bowls and did not miss one match over a ten year period, including playing while in pain after having a hip replacement. But it is his dedication to the club in a variety of ways that has contributed to his Life Membership award.

He assisted the greenkeeper until 2009 and then was instrumental in the club upgrading to a synthetic green. His business acumen was crucial in the club being able to finance this upgrading – the cost being around \$250,000. Sam was treasurer of the club from 2004 to 2011 and then became President of the club through until 2014.

Since 2011 Sam has also been the club's official umpire, after very successfully completing an Umpiring Accreditation course.

Sam has also been heavily involved in the club logo being displayed on letterheads and membership cards, the design of the club shirts, and constitutional upgrades to comply with Liquor Licencing Commission requirements. He has also been a key figure in engaging interim caterers to operate the very successful kitchen at the club. In this area again his business background has led to a considerably more efficient bar operation, leading to an increase in revenue to the club.

I interviewed Sam at his home where his Life Membership Award hangs proudly on his wall alongside a certificate commemorating his 40 years with the Ford motor company, and a certificate from the Federal Chamber of Automotive Industries – of which Sam was chair for four years. One of Sam's key roles with Ford was as an emission control specialist.

Sam acknowledges the great support he gets from wife Ingrid who is also a keen bowler at the club. He is very keen to continue to assist the Bowls club for many years yet as a player and official. Well done Sam!

## Adventure Race Winners



Congratulations to the Lorne Pharmacy for winning the Business Division of the Lorne Adventure Race – Mini Event on Saturday 6<sup>th</sup> December. As described in the previous edition of Sportsbriefs, Lorne Pharmacy put together three teams for the event which combined swimming, running, paddling and bike riding. Members of the three pharmacy teams are shown in the photograph. The winning team was the Lorne Pharmacy Fliers comprising Randall Forsyth (swimming), Renea Forsyth (running), Tony Harris (paddling)

10 Lorne Independent

and Dan Frick (cycling). The trophy is proudly displayed in the window of the pharmacy. All events were held on the Saturday because of the dangerous strong easterly conditions on the Sunday.

## Tennis Team Wins Grand Final

Lorne's Jason Langdon, Kurt Norton and Geoff Couper have teamed up with Colac's Darren Rosevear and Lee Moran to win the A Grade Indoor Tennis Grand Final on 17<sup>th</sup> December. Earlier this year Jason, Kurt, Geoff and Darren had won the A Reserve Championship and so were promoted to A Grade. They added Lee to the team and have now won the A Grade Premiership in their first season at this high level. This is an outstanding effort as it is the highest grade of tennis in the Colac area.

## Summer Tennis – Australia Day Tournament

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. On the Australia Day weekend the Club will hold a mixed tournament which is likely to be on Saturday 25<sup>th</sup>. Full details will be available on noticeboards around town during January.

## Ladies Golf

On the 5<sup>th</sup> of December, the South Western District Ladies Golf Association invited Lorne to play in their President, Captain and Secretaries/Treasurers annual golf competition.

Faye Peddie, Caroline Bartholomew and June Stafford went to play and represent Lorne Ladies Golf. They had a very successful day. Faye won the competition and June was runner up. Cas also played very well. SWDLGA were delighted to have a team from Lorne, the first ever.

Well done ladies!

The 2014 Ladies Golf Championship was awarded to Rose Wyles. Well done Rose!

**Lesley Goldsworthy**  
Lady President

## Lorne Bowls Club

Results of the Lorne Bowls Club pennant teams: the men's team has finished the first half of the season maintaining its second position on the ladder. It had a close game against ladder leader Winchelsea on a recent Saturday just going down.

The ladies team had a great win away, against Apollo Bay which maintains its second position on the ladder - well done to all our pennant players, so far this season.

Congratulations to Peter Jacobs for winning the men's singles final and to Heather Olney for winning the ladies singles final.

I would like to wish everyone a safe and Happy Christmas and look forward to the second half of the season. We are still actively seeking new bowlers to join our club and enjoy the game of bowls and all the facilities we have at the club - it's a very friendly and great social atmosphere to be part of. We had a very special Christmas party to end our first half of the season with an excellent meal prepared for us by our chef Matt.

- Jennifer Dullo

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

Send articles to [byswerdi2@bigpond.com](mailto:byswerdi2@bigpond.com)

Or post to: 35 George St, Lorne 3232.



### **Lorne Aquatic & Angling Club Commodore's notes – December 2014. Committee News**

1. Congratulations to all members of our 2015 General Committee. Eleven members were elected unopposed including one new member – Miah Atwell. Thanks to retiring member Dan Lewis for his service in 2014.

The first meeting of the new committee – Dec 9<sup>th</sup> supported the Lorne Hospital Appeal to assist with the fit out and furnishing of their new building – a cheque for \$5000 has been forwarded.

#### **2. Annual General Meeting**

Many thanks to those members who helped to make our AGM so successful. Sixty – three members registered their attendance with others arriving late.

Club person of the Year was awarded to Mick Carlton for his efforts in the Bill and Bonney Castles barbecue area. A cheque for \$12,000 was presented to Casey Tugungi. Thanks to Lorne Foodworks for sponsoring our AGM with tasty platters.

Congratulations to Rory Costelloe for being awarded Honorary Membership. The General Committee awards this category to any member who has shown exceptional commitment, dedication and support over an extended period of time to a Club special project. Rory's commitment to the Save Our Club campaign over the past eighteen months has been exceptional.

#### **Pt. Grey Redevelopment**

The GORCC website has published all submissions that were presented prior to Oct.26<sup>th</sup>. NO contentious issues have been noted. At the December meeting, the committee tried to address – Where to from here? While the site has been saved, there is still plenty of work to do on design and size of a new building. Over summer, a list of interested members who wish to be part of this next phase will be developed. It is hoped that a site meeting will be conducted mid-January. Please register your interest with Ian or Graeme.

**Graeme Norton  
Commodore**

### **Club News**

Attendance at the Annual General Meeting was the largest it has been and filled our small facility to capacity. Perhaps the interest generated by proposals for Point Grey has continued to galvanise the community.

Prizes were presented to numerous contestants for the yearly fishing competitions (most results were published in the December edition), there was plenty of food prepared by volunteers and which was very generously donated by the team at Foodworks and a convivial atmosphere prevailed.

Rory Costelloe was awarded with an Honorary Membership in recognition of the contribution he made to the Save Our Club campaign (it was Rory's office that came up with the life ring logo) and his level-headed and steady approach ensured that we were able to navigate towards a more appropriate outcome for a revised plan for the precinct.

Two cheques totalling five hundred dollars were presented to the Lorne School for academic achievement and at the December committee meeting it was unanimously agreed that a further \$5,000 be donated to the Lorne Hospital towards refurbishments.

During January the Club will run a Courtesy Bus to transport people to and from the Club. Contact Ian Hutchison, our bar manager at the club on 5289 5108 or 0439 031 442. We are looking for people to help with the driving. If you are interested in giving about three hours of your time for even one evening between 5 and 8 PM it will be appreciated. A standard driving licence is all that is required.

### **Fishing News**

There are no competitions held during December, so you will have to wait until January 25<sup>th</sup> if you wish to angle competitively. All reports are that so far there are very few King George whiting being caught on a regular basis. Only small catches have been reported. The big snapper are more likely to be found towards Torquay at the moment and that is where Mark Dandy went in late November when he returned home for a visit. 5 kg big reds were the result of his foray.

And of course there are still large numbers in Port Philip Bay. Bream have been on the bite in the rivers and with this in mind the Fishing Sub-Committee has been persuaded to reinstitute the Bream Award. This should suit our Commodore. Graeme was awarded the prize for being the winner of our Most Species Caught Award this year.

So for all anglers there are a number of categories in which to make your presence felt : the Snapper Shield, the Lockie Muir Garfish Perpetual Trophy and now the Bream Award. There is plenty of incentive for all fishers.

**Doug Williams  
LAAC**



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**Lorne Aquatic and Angling Club supports LCH Accommodation Unit Appeal**

Lorne Aquatic and Angling Club has donated \$5000 towards the Lorne Community Hospitals fit-out and furniture appeal for the recently completed staff accommodation upgrade.

Lorne Aquatic and Angling Club Commodore Graeme

Norton (with Dr Damien Smith, pictured) presented the cheque during an inspection tour of the new Lorne Community Hospital Accommodation Unit.

“The Committee of the LACC unanimously agreed to make this donation because we highly value the services of the Hospital and the purpose of the appeal,” said Graeme when presenting the cheque to Hospital President Dr Damien Smith.

“LACC understands the importance of Lorne being able to attract highly qualified clinical staff to its hospital, especially in the summer when the demand for services is higher”.

Dr Smith welcomed the donation saying “The Hospital really appreciates the generosity of the Lorne Aquatic and Angling Club. We are fortunate to enjoy the support of so many of our local clubs and organisations who have donated to the appeal”.

“The accommodation annexe has a flexible design and can be configured as two or three apartments, and the smart new design will give Lorne Community Hospital a competitive edge in the struggle to attract clinicians to a rural area”.

- Graeme Norton

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## Grevilleas - outstanding beauty



**Grevillea rosmarinifolia**

Native plant enthusiasts will be licking their lips at seeing mention of these in print. If banksias are my all-time favourite native plant, grevilleas are also very dear to my heart. Back in the early eighties I was privileged to be able to spend time on a large block in Lorne maintaining a wild garden. I never met the people who originally set the wide variety of native plants and climbers that were in that garden but I was grateful that they had provided small aluminium name-tags to identify the natives they had planted for posterity. In this way I became confident I could recognise one of the most commonly grown of all grevilleas – *G. rosmarinifolia*. Quite a prickly plant with long, narrow leaves it is a reliable producer of cream and red flowers typically described as being spider-shaped. In fashion and then out of fashion, grevilleas are now an essential part of any native garden planting scheme and come in a vast range of sizes and forms. This was also my first sighting of *G. intricata*, an exotic-looking plant from the West Australian desert which provides a wonderful shelter for native birds. All grevillea varieties attract nectarivorous birds such as spinebills, honeyeaters and wattle birds. The old idea of planting them and walking away has given way to a more educated approach and the realisation that grevilleas, like most plants, require a bit of husbandry. They are easy enough to maintain however and you can elect to feed them lightly with an appropriate fertiliser from time to time or simply let them be. Once established they require very little watering at all. *G. rosmarinifolia* now comes in a number of hybridised forms and a range of colours, from lime to crimson.

You can obtain grevilleas in yellow (try *G. Canterbury gold* or species), white (*G. 'White Wings'* for example), orange (*G. banksii*), all shades of red and even mauve (*G. buxifolia*). This last named was the first grevillea to flower in cultivation, in England in 1795.

The list of varieties is huge, as can be evidenced in the three volumes of *The Grevillea Book* by Peter Olde and Neil Marriott (published by kangaroo press). There is a variety of shrub size to accommodate a sunny spot in every garden,

growing from 300mm high to three metres or more tall. Lorne is an ideal micro-climate to grow them in. There are so many out there the biggest difficulty is actually choosing which variety not to grow. (You would probably not want to plant *G. inconspicua* though; the name itself gives it away.) There are many ground covers as well and they form dense mats with toothbrush flowers in late winter and spring. I am still able to obtain and plant *G. gaudi chaudi* over thirty years since I started using it in planting schemes. It has certainly stood the test of time and withstood the vagaries of fashion which exist in the nursery industry just as they do in any industry. There is even one tree variety of grevillea. Just as the jacaranda, from Central, South America and the Caribbean heralds the onset of summer, the silky oak with its rich yellow flowers does the same thing and in impressive fashion. Its botanical name is *G. robusta*. They look as beautiful growing in Melbourne town as they do growing alongside lemon-scented gums outside of Kathmandu.

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

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## This and that

### Everybody is good at something...

You have a great skill that you could share with our community; you just might not know it.

One of the challenges at the Lorne Community House is to get “tutors” to deliver workshops. Many of the large training organisation won’t travel to Lorne or we need to produce big participant numbers for them to “come all that way”...

But at our Community House you don’t need to be a teacher or have training qualifications. A passion is usually the only prerequisite.

Could you teach some groms how to repair a ding, lead a regular philosophic conversation, dance with the kids, show us how to decorate cupcakes or teach Italian for travel? Perhaps you’re a part-timer with passion for marketing – you could give us all tips to support our businesses. Or perhaps it’s your neighbour who is a whizz with a crochet needle - dob them in!

You get to choose what value to put on your talent and how many people you’d like to share with. It could be a one off workshop or a year long project.

Go on, do it. It’s a great way to meet people, earn some pocket money and give back to each other.

Give the House a call 5289-2972, send an email or pop in – I’m back on the 19<sup>th</sup> January and the in 2015 Community House office will be open 10am-2pm Monday through Thursdays.

**Katy Kennedy**

**Lorne Community House**

### Work on the Allen Reservoir

If you’re worried about trucks transporting equipment and material rumbling along Mountjoy Parade, then along Otway Street, Allenvale Road and Greenbreak Track to access Allen Reservoir, don’t be too concerned ... Work on a \$3 million upgrade of Lorne’s Allen Reservoir has started.

The project involves upgrading the reservoir embankment to better align with current engineering standards.

These improvements will ensure the reservoir can cope in extreme weather conditions, particularly during flood flows.

Barwon Water said that although the reservoir’s storage capacity of 222 million litres will not increase, the work will ensure the infrastructure continues to meet dam safety requirements.

Construction activities will occur Monday to Friday, between 7am and 6pm. Water supplies will not be interrupted during the project.

The upgrade is scheduled to be completed by mid-2015.

- **Barwon Water**

### Lorne to celebrate International Womens Day

A special event for Lorne and surrounding towns and districts will be held to celebrate International Women’s Day in 2015. The theme of the day is “Equality for Women is Progress for All.”

The celebration will be held on Monday 9<sup>th</sup> March at 5.30 pm at the Cumberland Resort, Lorne. It is hoped that a large number of women and girls from Lorne and surrounding areas will support the event.

The event is being sponsored by the Surf Coast Shire and the Cumberland Resort, and will enable the women and girls of Lorne to come together for refreshments, including finger food, followed by a screening of the inspiring film “Girl Rising,” which shows the lives of nine girls around the world and their struggles for equality of opportunity in education.

The evening will be opened by Surf Coast Mayor, Cr Margot Smith, and the film screening will be followed by a door prize raffle, with prizes donated by various Lorne businesses.

Organisers of the IWD celebration are very keen to make this an annual event in the Lorne district. It is hoped that, in future, the women and girls of Lorne can come forward and tell the stories that have made their lives unique.

There is a wealth of wonderful memories, exciting achievements and important observations and opinions held by the amazing women of Lorne, and it is hoped that, over time, these can be shared with others.

The event next year is just a beginning, and over the coming months and years it is hoped that we can all celebrate together the great contribution that the women of our community make to the lives of all who live here.

- **Amanda Calder**

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## The Chorki ski lodge in Lorne

Once upon a time, back in the late 1960s, a group of mates went skiing to Falls Creek. They stayed in a lodge called Aurora, had a great holiday and got well and truly bitten by the “ski bug”! After finding out that Aurora was built by a few

friends who got together to form a sort of ski club, these mates said, “Hey we could do that!” These guys were all teachers, but one said he knew an

architect, another had a friend who was a plumbing teacher whose brother was a builder, another knew a carpenter, and of course they all had friends who wanted to ski. So, after a short while plans were afoot to form a ski club and build the lodge. No land was available at Falls Creek, so the lodge was to be built at Mt Hotham. At the last minute, a block at Falls Creek suddenly popped up and plans were hastily shifted to take advantage of the site there.

The 18 blokes each made a modest financial contribution, loans were secured and the building commenced. Over the course of one summer, 1970/1971, the lodge was built. A huge contribution was made by wives and girlfriends too, and the project was a joint effort in every way. For a lot of the members, who had no building experience, it was a steep learning curve! Stories abound of hanging precariously from the roof in driving sleet trying to hammer in nails, dangling from roof beams and other technical pursuits. Hilarious mistakes were often made, and the tradesmen in the group had to sort them out or work around them! However, everyone survived with their lives, and great fun was had by all. Over the decades Chorki has had a number of makeovers, and is now a very classy ski lodge with beautiful amenities for members and guests, a far cry from the more Spartan conditions of the early days.

Most of the members of the group were teachers. As the nickname for a teacher was often “chalky” it was decided to call the new club “Chorki”. As well as providing accommodation for members who wanted to ski in the winter, the aim of the project was to provide school groups with the opportunity to spend time in the High Country as part of their school camp policy. The first school group to stay at Chorki was in fact the Lorne School. This was the start of a long association between the Lorne community and Chorki Falls Creek, as many of the parents who accompanied that first group of students came back to enjoy their skiing, using Chorki Lodge as their base. Over time they brought friends with them, many of whom were other Lorne locals, some of whom continue to enjoy the comforts of the lodge. Over the years the Tanks, Foords, Roaches, Hoeyes, Snellings, Calders, Shaws, Chambers and the Dragovitchs have stayed there, and in fact George and

Cele and their boys are very involved with Chorki. The Lorne Quilters have gone to Chorki for a week in May over the past nine or ten years, and have enjoyed both the lodge accommodation for their “work shop”, and the surrounding countryside for its walks and relaxation.

Chorki’s link with Lorne was enhanced when the group of friends who built the lodge began to think about purchasing a seaside residence together, and Roger Calder, whose parents had built in George Street noticed that a property called Springlea, at 56 Smith Street [corner of Smith and Fern] was for sale. Viewed and loved by us all, it was purchased in 1979, and became our “Chorki at Lorne”.



The property was called Springlea because of the natural spring that used to come to the surface in the front yard, and was used to water the horses that pulled

the Cobb & Co. coaches into Lorne. The house was built in the 1890s and retains many of its period features.

It became a special destination for the members, and many happy holidays were enjoyed by them, their families and their friends, and this love for Lorne has resulted in a few of the original members

now living here permanently. Chorki is now seeing its third generation of “Chorki Kids” grow up to enjoy both the snow at Falls Creek and the beach at Lorne.

The Club is now a Co-operative, but still operates both properties as accommodation centres for the members, and the public.

Springlea must have a fascinating history and if there are people who could add to what little we know about it, it would be great to hear from you. Also of interest would be an account of that first school visit to the snow from any past students and parents who went to Chorki Falls Creek, back in 1971.

Springlea continues to play its part in the tourist industry, as does Chorki Falls Creek, and information regarding both properties can be found on the internet [Chorki Ski Club].

If you can contribute to the history of Springlea, or memories of a school camp at Chorki, you can contact Robin & John Chambers on 5289 1236 or at 5 Clissold St. Lorne.

**Robin Chambers, John Chambers, Mandy Calder**

**The photos above show the Chorki ski lodge at Falls Creek, Springlea at Lorne and some of the members of the Club at Lorne.**

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## Summer @ Qdos Arts Exhibition and Gig guide

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**Graeme Altmann** Moody seascapes in oil, the Surf Coast in winter, plus three painting courses 13,14,15 Jan (bookings essential)

**Robert Ashton 25 Jan – 7 Feb** Renowned Airey's based photographer presents stunning images of the Himalayas.

**Richard Manning** offers us a fresh look at architectural references we often neglect and the Great Ocean Road.

### Entertainment

**Qdos** has commissioned Monique Harvey, Artistic Director of the Lorne Performing Arts Festival to source great performers for every Saturday night over January. From Jan 3. Dinner from 6:30 pm Performances 8:15pm

**Dan Waters** : a triumph of taste and tone, but it is Waters' seemingly ancient voice that strikes the listener first and never loses its grasp, thanks to its beguiling timbre and a collection of colourful stories.

**Suzannah Espie** Port Fairy Folk Festival artist of the year 2013. **Tina Del Twist**, Jan 10 comic, jazz/blues. **Shuffle Club**, **Jan 24** A hot blend of jazz, swing, blues, and boogie

**Abendmusik, Jan 31**, An evening of delights inspired by the musical sensations of the German Baroque

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## **More advice on how to confront bushfire in Lorne ...and a few tips on surviving the hot weather**

Let's hope nature will be kind to us this summer for it seems all possible has been done for Lorne to be 'fire ready'.

Forecasts from the Weather Bureau and fire authorities are that Victoria can expect a long, dry and hot summer and the expectation of bushfires breaking out over the next months is very real.

The Surf Coast Shire recently organised two public fire-awareness sessions in conjunction with fire and emergency services, and an abundance of literature, pamphlets and other information has been distributed.

The over-all message is - make sure that you have a well thought out and practical fire plan, of which the most important element is to know and decide when to leave.

Deciding to leave at the last moment, all of the official fire guidelines state, could be potentially fatal.

Literature distributed also includes practical help such as preparing an emergency pack to take with you.

Important items to be included in a 'relocation kit' are food and water, wool blankets, medicine, toiletries, mobile phone and charger, battery operated radio and torch; also make sure you carry with you contact information for doctor, council, power companies, passports, Will, house insurance, photos and valuable jewellery.

Unfortunately, there is NO firm plan in Lorne for authorities to check with handicapped people or the aged.

In an emergency, the handicapped and/or aged will have to rely on the help of neighbours as there is no workable plan in place to help this sector of our community.

If you are caught on a Severe or Extreme day, actively sheltering in a well prepared house will give the greater protection from radiant heat than being out in the open.

However, fire authorities emphasise that No house in Australia is built to withstand fire in Code Red conditions - on a Code Red day, defending a home is a not a viable option.

Finally, the last resort option - a place to go when other plans have failed.

Neighbourhood Safer Places - Places of Last Resort are open spaces that have been assessed by the CFA as areas that may afford some protection from radiant heat in a bushfire emergency.

The CFA website offers further details:

<http://www.saferplaces.cfa.vic.gov.au/cfa/search/default.htm>

There are no services provided at these sites - it's up to the individual to make sure to have protective clothing, food, water and the like.

**In Lorne, the designated areas are:  
Lorne Foreshore - Mountjoy Parade (opposite Williams Street)**

**Point Grey Picnic Area and carpark  
Great Ocean Road between Mountjoy Parade and Hird Street.**

With temperatures set to soar this again summer, it's important to know how to better protect yourself from heat injuries.

A heat wave is referred to as a prolonged period of excessively hot weather, which is often accompanied by high humidity. In January 2009, 374 additional deaths were recorded during a heatwave in Victoria. This was an increase of 62% over what would have normally been expected for that time of year.

Some groups are particularly vulnerable to high temperatures including the elderly, children and people with chronic medical conditions.

Lorne Community Hospital, Nurse Unit Manager Jason Phieler says the best way to protect yourself from heat injuries is to stay out of the sun, at least between 11am and 5pm.

"To protect ourselves from heat stress and other stress related illness, it's best to really stay out of the sun as much as possible when the temperature gets to extreme temperatures," says Mr Phieler.

When the mercury rises, it's also advised to keep your hydration levels up by drinking water, even if you are not thirsty. Fluids are not just limited to water; they can be iced poles, weak tea or cordial but alcohol and coffee are not recommended, as they can make you more dehydrated.

To keep the house cool, shut windows and doors during the day and keep blinds and curtains closed. Wearing light and loose clothing will help and, if you have to go outside remember to wear sunscreen and a hat.

Mr Phieler says the most important point is to ensure you are aware of what your body is doing.

"Heatstroke can develop if heat exhaustion is left untreated. Symptoms of heat exhaustion include lethargy, headaches, tiredness, nausea, and sweating. If you don't monitor yourself and stop what you're doing... that can lead to heat-stroke. Heat stroke symptoms include headaches, nausea, an intense thirst, sleepiness, loss of consciousness. Heatstroke can result in irreversible damage to your body, including the brain, or death."

Six important steps to beat the heat this summer;

1. Keep out if the heat – look for shade and wear a hat.
2. Drink plenty of water.
3. Naturally cool your home – close windows/blinds in daytime.
4. Talk to your health service if you have a health issue.
5. Check on people who may struggle in the heat.
6. Help people who are feeling unwell.

**For any further information, please contact Emily Lens on 0400 121 903.**



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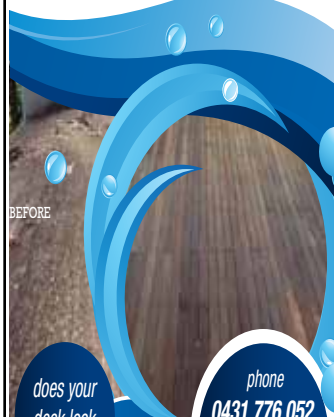
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# Letters

## **Almost Monty Pythonesque – the continuous saga of the Stony Creek Crossing.**

After further frustration caused by not receiving a reply from the Hon. Terry Mulder M.P. Member for Polworth after seven months, on 18<sup>th</sup> November, 2014 I submitted a three page letter and a “History of Events” (approximately 40 pages), to the Victorian Ombudsman for assistance.

My first letter to VicRoads was dated 8<sup>th</sup> April, 2011.

On 27<sup>th</sup> November, 2014 the Victorian Ombudsman replied, stating that he was assessing the material provided and would respond to my concerns shortly.

Later, on 19<sup>th</sup> December, 2014, I received a reply from Mr. Mulder.

As a result of both these contacts I received a telephone call from the VicRoads Team Leader-Projects confirming an option that will now be explored in the construction of steps running along the wing wall on the southern side of the bridge down to the higher level access under the underpass.

This option will not impact on waterway capacity and flows, I was told.

It is interesting to note that on 5<sup>th</sup> December, 2011 in one of my letters to VicRoads I wrote the following: If the placement of obstructions in the waters of the creek itself is regarded as a problem this can be avoided by opening up a footway on the South side of the bridge similar to the original arrangements i.e. provide access by removing the two large rocks and neighbouring small bush/tree, cutting back some undergrowth, and then prepare a single file sloping gravel track adjacent to the natural rock wall.

A small platform could also be constructed with handrails above and of length to clear the storm water drain outlet, to provide a short safe ladder, also a number of concrete steps down to the higher concrete level of the underpass.

It is interesting to note that three years have passed for a similar suggestion incorporating steps to be examined in the same location as a possible solution.

VicRoads acknowledges the extraordinarily length of time taken to resolve this matter and say unfortunately solutions that were previously proposed did not resolve all issues e.g. waterway capacity and flows, public safety, environmental impacts, ongoing liability and unknown implications.

The Team Leader-Projects was most co-operative and helpful. He has my e-mail address and promises to keep me informed on the progress of the new project.

If agreement is reached with DEPI, CCMA, GORCC and the Surf Coast Shire, work could commence after Easter 2015, probably during May/June 2015.

Unfortunately I must say that I have had similar promises from VicRoads for job completion in 2012 and 2013. Let's hope that the new project is agreed to and carried out this time in 2015. The Team Leader seemed to be most confident that would be the case.

**Ken N. Smith**  
**Lorne**

## **Foxes are back in Lorne**

For the past six months or so, when driving into Lorne at night, I have been seeing a lot of foxes on the road in North Lorne.

If they are visible from the road then there are obviously more around nearby.

Every day these things have to be eating and unless there is garbage somewhere that they can forage through (or possibly fish guts from the fishermen), then they are eating native wildlife.

Foxes are a menace to native wildlife and I'd like to see them baited.

We've got enough problems with introduced species (especially blackberries if you go for a walk about the bush).

We need to do something about this problem.

**Dan Walding**  
**Lorne**

## **A division within the Lorne community?**

I noticed (from the letter to the editor, Lorne Independent December 2014) the possible demise of the Lorne Easter Art Show. The writer has heard of this over the last months, but, in various forms - lack of funds - overwork of the many volunteers - meagre profit for the effort of many - and now the need for sponsors.

Are sponsors so difficult to get?

Not one volunteer I've spoken to has complained of over work. It is like all the volunteer activities in this town, enjoyed for the camaraderie, the social interaction and the sense of a valuable job well done. Do not underestimate the volunteers of Lorne in either willingness or capacity!

Not one person I've spoken to could comprehend closing the show down because of a profit as low as \$8000. What do the organisers want, was the cry? Isn't the Lion's Club a service organisation? Whilst we would not expect that the Art Show run at a loss, at what point did profit levels become the overwhelming criteria by which to judge a local activity?

Maybe we could hand over the Art Show to Melbournians who no doubt would run it better than we hicks and who would take the meagre profit out of town, rather like the other handed-over events eg 'Pier to Pub' originally run for and by the Surf Club with the help of Highton Rotary who held a summer chapter in Lorne.

We lost 'Lunch on the Lawn' because the local's pre-Christmas weekend was awarded by the Surf Coast Shire to Anaconda which is yet another out of town professional sporting business.

The Sculpture Exhibition is now run from Melbourne although there are many local volunteers who enjoy giving their time to this fabulous event.

'Carols on the Lorne' bears a greater resemblance to the Myer Music Bowl. Years back it was the church, local school children and local acts which helped us enjoy the coming of Christmas. Remember when there was the 'Winch' band? They'd play and we'd sing carols under the Moreton Bay fig beside the Surf Club.

The Lorne Easter Art Show has been around so long

that we are seeing artists who are exhibiting regularly in art shows all over Victoria and who are now recognised nationally. I refer to Susan Sutton, Jan Dick, Ray Woods, Hugh Guthrie and Charles Moodie. Some of these artists have actually lived in Lorne whilst the others are from Anglesea and/or Geelong. Some of them got their professional start from the Lorne Easter Art Show.

Division has taken place and I don't like it. That's why I haven't become a committee member of any organisation, I simply volunteer for things that may need help and in my opinion are worthwhile for the town and people of Lorne.

Does everything have to be done according to a business plan and for maximum profit, otherwise it gets abandoned?

**Hadyn Rickey**

Lorne

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## **Lynton's reflections**

I'm intrigued by the accents I hear on Mountjoy Parade, particularly during our holiday season. So many of them must be from parts of the world that are in the depths of winter. I wonder what it must feel like for these visitors to be strolling on the sunny shores of Louttit Bay while their family and friends in the northern hemisphere survive on six or seven hours of daylight that might not even include sunlight!

It's amazing how easy it is today to travel great distances even if it's just to drive a car, take a bus or get on a train. When Lorne was a fledgling destination in the 19<sup>th</sup> century it could take a day or two to get here from Melbourne but I'm sure it was worth it. We don't usually set out on a long journey without some expectation that the destination deserves the effort of getting there. Or, if there's some uncertainty about the destination, that the journey itself will be enthralling in some way.

We holidayed at West Rosebud through my childhood and teenage years (didn't really know there was another side to the Bay). The car would be packed on Boxing Day with beach things and kids and the drive down became very familiar over the years. It seemed logical that, at the age of 16 or so, I should demonstrate my mature years and amazing fitness by riding my bicycle to West Rosebud instead of going in the family car. The plan was made more attractive by the prospect of then being able to ride to my favourite haunts along the Mornington Peninsula and not to have to rely on parents driving me ...

But it wasn't a special bike. Foot brakes. No gears. I'm amazed that I made it at all. The destination was fine but the journey was horrific. Gentle rises in the road were actually tortuous mountains that would have tested Hubert Opperman. I made it but never went near the bike for the rest of the holidays and it went back home on the roof of the car with me in the back seat.

I've been thinking of the Wise Men making their journey to Bethlehem all those years ago. I'm sure they travelled further than the Melbourne to West Rosebud distance and they couldn't get a train home after the event.

Did they stay around for a few days and take in the sights? Did they stroll on the sunny shores of Lake Galilee chatting with foreign accents? Did they feel as out of place as they must have looked?

I suspect the destination and their being able to give gifts for the baby Jesus were worth the saddle sores, or whatever it is you get on a camel.

**Lynton Wade**

# Heartburn heartache

Heartburn (gastro-oesophageal reflux or indigestion) is very common. Most of us will experience heartburn at some point – whether it's after a big meal, from undertaking strenuous activity too soon after eating, as a symptom of pregnancy, or from eating and drinking too much. Heartburn is also one of the symptoms of peptic ulcer disease.

Heartburn is caused by the contents of the stomach coming back up into the oesophagus (the 'food pipe'), resulting in a burning sensation in the chest or throat. As the stomach contents are mixed with stomach acid, digestive enzymes and chemicals, the regurgitation or backwash causes a burning feeling. This is generally described by reflux sufferers as beginning in the stomach or lower chest and moving upwards behind the breastbone towards the neck or throat. Persistent reflux that occurs more than twice a week is referred to as gastro-oesophageal reflux disease (GORD), and can eventually lead to more serious health problems. People of all ages can have GORD, which is considered a chronic disease, like asthma or high blood pressure, and therefore ongoing treatment and management is usually necessary.

Three types of medicines are available in Australia to treat the symptoms of heartburn and reflux. Speak to your doctor or pharmacist about the best medicine for you and your symptoms, particularly if you are taking any medicines for other conditions. In the case of heartburn, antacids may have an effect on other medicines you may be taking.

If you only suffer from the occasional episode of heartburn, or your symptoms are mild, over-the-counter (OTC) antacids available at your pharmacy may provide symptomatic relief. Antacids act to relieve heartburn by neutralising stomach acid. These medicines are available as tablets or liquids, and should be taken when symptoms occur.

Talk to your doctor or pharmacist if you are still experiencing heartburn or other reflux symptoms even when taking antacids, and mention that you are not getting any relief. They may be able to suggest an alternative medicine.

If you experience occasional, but regular, heartburn symptoms you may benefit from an H2-receptor antagonist. These medicines partially inhibit the secretion of acid in the stomach by blocking histamine receptors. Because less acid is being produced, you experience fewer symptoms. Some of these medicines are available without a prescription. Seek further advice from your doctor or pharmacist if you are not getting relief from an H2-receptor antagonist when taking it as instructed.

Proton pump inhibitors (PPIs) reduce stomach acid by blocking acid-secreting cells. They provide more effective acid suppression than H2-receptor antagonists – relieving symptoms and allowing inflammation on the oesophagus to heal. Some PPIs can be purchased from a pharmacy OTC for short-term use, but most are only available on prescription.

No herbal remedies or supplements have yet been proven to effectively relieve the symptoms of heartburn, although many, such as ginger or apple cider vinegar, have been used for centuries. Check with your doctor or pharmacist first if you are planning on taking any of these, as these complementary and alternative medicines may interfere with other medicines you are taking, or affect other aspects of your health.

For more information, you can get an excellent Fact Card titled Heartburn and indigestion from pharmacies that provide the Pharmaceutical Society of Australia's (PSA) Self Care health information.

For the nearest Self Care pharmacy location phone PSA on 1300 369 772, or go to [www.psa.org.au](http://www.psa.org.au) 'Supporting practice' then 'Self Care', and then 'Find a Self Care pharmacy'.

- John Bell



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*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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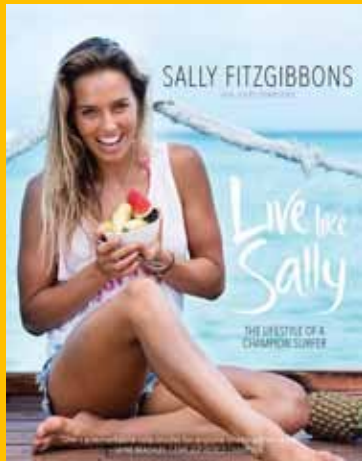
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***Live Like Sally,***  
**Sally Fitzgibbons, \$29.95**

Penny has a secret. Under the alias GirlOnline, she blogs about school dramas, boys, her mad, whirlwind family - and the panic attacks she's suffered from lately. When things go from bad to worse, her family whisks her away to New York, where she meets the gorgeous, guitar-strumming Noah.

***Girl Online,***  
**Zoe Sugg, \$19.99**



3 novels for Minecraft fans by **Mark Cheverton**, \$12.99 each, for parents who want their kids to read.

Hacks for Minecrafters:  
Master Builder: The Unofficial Guide to Tips and Tricks That Other Guides Won't Teach You,  
**Megan Miller, \$16.99**



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