

LORNE INDEPENDENT

\$2

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Kites soar over Lorne



Tony Wolfenden, a retired product designer, has flown kites in competitions and displays all over the world. He now wants to create interest in his fascinating hobby among the people of Lorne.

Read Doug Williams' account of Tony's fascinating hobby on page 16.

There are also more pictures.

Don't forget the Lorne Model Boat Regatta on June 7, Queen's Birthday weekend, 10am to 12.30pm. Entry \$5.

It's getting so popular it's attracting mainstream media.



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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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Latest on Lorne's Men's Shed

Enthusiasm amongst the shedders is at an all time high as we await the any day now building permit.

The Men's Shed has been very fortunate in receiving some wonderful financial support, first \$50,000 from the Lorne Op-Shop, \$15,000 from the Geelong Foundation and \$11,000 from an anonymous donor.

So we are well on our way to commencing this meeting place called a Men's Shed in Lorne.

We have had nothing less than wonderful support from the community of Lorne, and I am sure it is as excited as I am, and is looking forward to the opening day.

Weather maybe somewhat of a hindrance over winter but most likely we will be completed by Christmas.

The Committee of the Lorne Men's Shed is delighted to welcome on board our new Treasurer, John Barber, and our new Secretary Don Baldwin.

These men are wonderful assets to the existing committee and bring with them a new enthusiasm.

It has been quite a long journey and we are now putting final touches to the suggested plans by our landscape architects.

Again many thanks to the supporters who showed their support at the Surf Coast Shire Council meeting on the 28th April and the hundreds of emails and letters of support that we have received from members of the Lorne community.

I had a discussion with a neighbour of the new shed after the council meeting who said she was proud to support the Men's Shed and "Please do a good job with what you put on the reserve". To which I replied that we will never leave it a monument that is not enjoyed by all.

Our fund raising will continue to enable us to complete stage II of the construction which is the internal fit-out and we are soon to announce a fundraising cocktail party which will be held in Lorne.

Look for all your unwanted cash reserves and bring them along as the Banks will pay you no interest so you may as well give it to us.

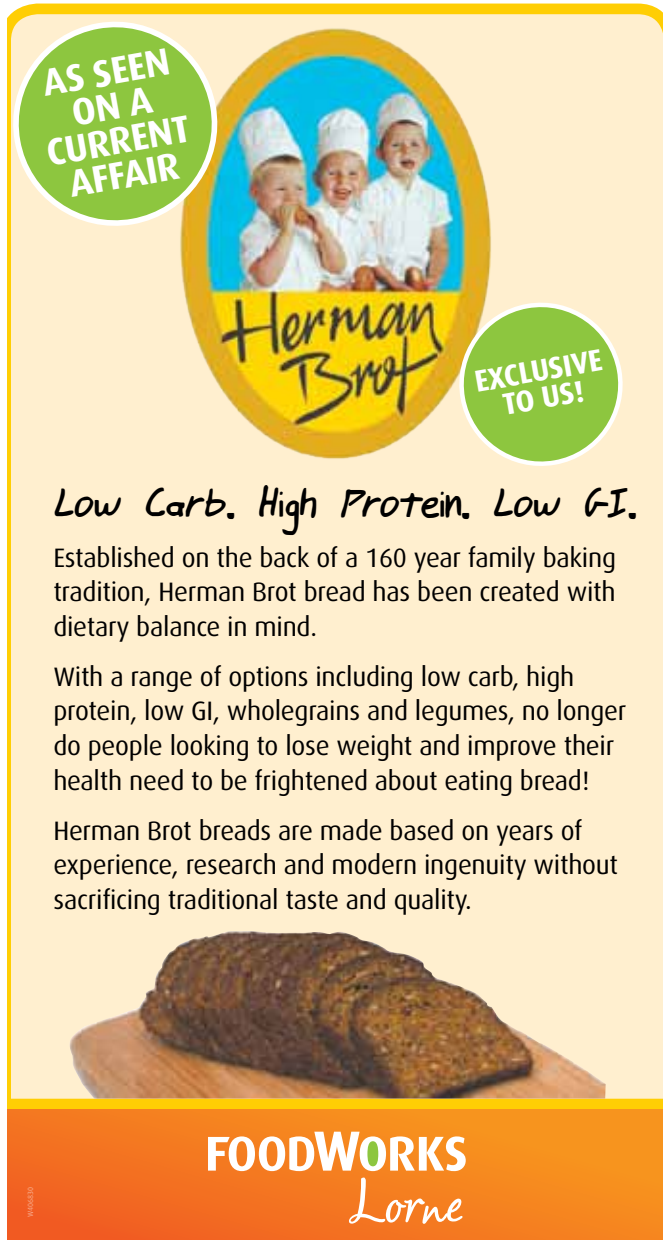
There are over 1400 Men's Sheds in Australia supported by the Beyond Blue organization and credited with saving hundreds of lives by supporting older Men in the community.

And as I always say a friend of mine told her husband she married him for better or worse but not for Lunch.

So on two days a week I can help her out.

**Allan Walls,
President,**

Lorne and District Men's Shed



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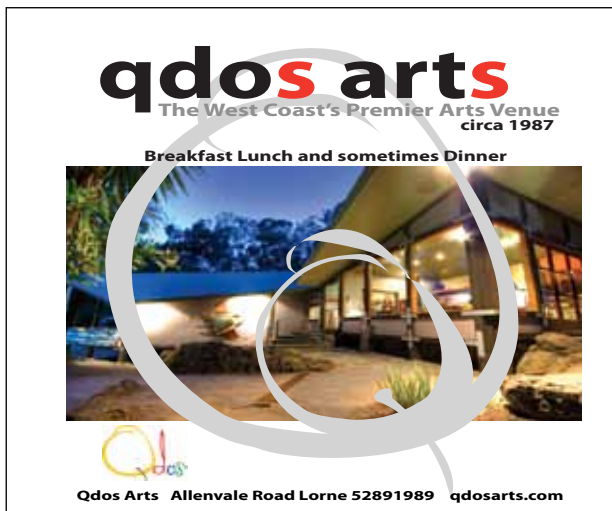
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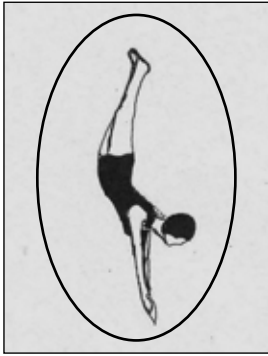
Please get in touch if I can be of assistance

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Authorised by S.Henderson, 3A/195 Colac Rd Waurin Ponds VIC 3216

The Louttit Loop



After a year stuck in various hospitals, it's special to see Camel trundling around Lorne in his state of the art vehicle. He looks wonderful (not unlike a slightly aging rock star), and as usual is just so positive. Welcome back Camel, and hopefully soon it will be welcome home as well. Always an innovative problem solver, Camel is applying himself to a list of small modifications needed in his room

at our Hospital which would simplify the lives of those in residence. Go Camel!

Bravery award of the month goes to Aaron Mahoney's father who came to Lorne's training session a few days after his son's fatal accident on the footy field. He addressed the Lorne players and supporters. The following Saturday this amazingly courageous man tossed the coin at the Lorne vs. Apollo Bay game and then joined many Gellibrand mates in the large crowd who had come to support our Dolphins. An appeal has been launched to support Aaron's partner Emma and his small kids Asha and Toby – direct deposit to the Aaron Mahoney Appeal at the W/P BSB 033217 account number 331928; or snail mail your \$\$ support to PO Box 41 Colac, 3250. www.aaronmahoney.com.au has more details.

How great it is when the weather is perfect for a big event on the coast? So it was for 1000+ runners who marathoned 44 kms from Lorne to Apollo Bay on a calm and sunny day in May.

Seems so strange not seeing recently retired GORCC good guy Pete Miller round Lorne. We miss him. Check out the fantastic job GORCC has done repairing Teddy's Lookout in record time! A beautifully creative piece of work with an 'in' and an 'out' – well, theoretically.

The media gives us a number to call for troublesome TV reception from Ballarat. Well... a couple of weekends ago there was little or no reception when the footy was on – and all those who rang the number were told that their call would be recorded and that “no-one else had complained.” A very big fib. The Lorne whispering vine reports many calls!

If you think Lorne's beaches have lost truckloads of sand, exposing slippery rock surfaces, have a look at the beach at Eastern View! Well have a look at the rocks really! And the small paling fence erected several years ago as an experiment to hold the sand has totally been swallowed by the powerful seas. Makes for happy surfers though.

Lornecare's Alan Sherlock has again returned safely from voluntary work in Sikkim (N.India) with Vets Beyond Borders. What a worthy cause if anyone has a bundle of lazy \$'s to donate! Alan's 2015 personal total of street dogs caught, desexed, eartagged, immunized, fed and returned to their location next day is 225 (a grand total of over 700 dogs over all his eight week visits). Well done mate.

If you attempt to grow red geraniums in Lorne, you would be well aware of their natural enemy – the beautiful King Parrot. These divine red/blue or red/green birds can strip a geranium plant to a one inch fleshy stump in about a minute (mind you, they do grow back)! However, they've recently been spotted gobbling up agapanthus seeds from dead heads which negligent, lazy or absent owners have failed to remove

and bin. So now the Parrots are doing a Johnny Appleseed trick all over Lorne's bushland, spreading nicely fertilized aggie seeds via their rear ends!

It was gripping to learn that Jirrahlinga not only proudly cares for wildlife, but also for special-needs people? How? You may well ask. Well the traumatised, depressed, long-term unemployed (to name a few areas) come and work in this calm and peaceful environment with animals which desperately need their help. Often they feel able to return to mainstream employment after their reassuring Jirrahlinga work experience. With no Government funding at all, please consider the Jirrahlinga team if you are able to offer financial support to help with their running costs. Also an awesome place to take overseas visitors for a one-on-one experience with our native animals (there is an entry fee of course).

Vivien Scheffer has acquired a new 'rescue' greyhound! Smallish, black, and soft as silk, Pippa is a new Lorne resident and is indeed a lucky dog.

Yes, Paki has a lovely new white ute! Quite a change from the bright yellow number. But his highly intelligent companion Henry was not impressed at all. Having slipped round a bit on a trip to Anglesea recently, Henry jumped out at the first opportunity leaving Paki fairly devastated on his return to the vehicle. A slow drive back towards Lorne found brown border collie Henry trotting happily along the side of the GOR on his way home. Needless to say a schmick new rubber liner has been purchased for the ute tray and everyone's happy.

Quentin Young was the winner of the Raffle for a Surfboard as part of the fundraising for Camel.

How much better does the glaring red sculpture look with its bike tyre halo and Saints' scarf? Maybe its role is as a communication point entertainment object! Although Ross Dimsey's suggestion of moving it to the entrance to Lorne from Apollo Bay like the proverbial lighthouse or beacon was a beauty!

Lots of changes in Lorne's main street! Lyn's Video/DVD store has closed and she is now enjoying a well earned retirement! Way to go has moved in there, vacating their former position next to DUETTO – which is For Sale. After spending the last eight Mothers' Days selling us gorgeous frocks, Myrell needs a break. A new day spa massage business has opened where Endota used to be (now only at Mantra) – called Turquoise. Blue Pig hamburgers etc. has a new cottagey look and still has gluten free rolls (thanks to Justin) and burgers available! Kalbaru Constructions scaffolding surrounds The Corner Store/surf/homewares shop so wait and see! We also suddenly and sadly farewell Cameron's awesome Tea House and objet d'art shops and wish Cam all the very best in his next venture.

Stony Creek is getting new bridges (again) and the resident giant roo is no longer lurking up the valley to scare the daylights out of folk! Luckily King Charles Cavalier Basil was out of town or he would have been blamed for its demise, as he was the only dog known to have taken on this roo and chased it out of his garden – despite his size.

New outdoor defibrillators have been installed at the Country Club and at the Senior Cits. recently – thanks to the Op Shop and the Lions. 24 folk enjoyed Susie Cartledge's excellent demo at the Senior Cits. Too easy.....Lillian

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LorneCARE News

- caring for our environment

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

This month we expect to be working along the beautiful Lorne foreshore starting at:

10am on Sunday, June 21

For the exact location see the Community Noticeboard outside the Post Office during the previous week. A barbeque will follow the working bee at about 12.30pm.

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

There is an eatery at the back of a drive-in petrol station on the Melbourne-Geelong Highway staffed exclusively by women whose ages range from the very young to what could be described as mature-plus.

The token male, dark skinned with a gleaming smile, is a barista and he weaves magic with a lot of noise, metal on metal, crockery on crockery, crockery on metal, and various other combinations.

I've given up on the number of 'darls', 'sweetie', 'hon', 'mate', 'dear', and other terms of casual impersonal affection thrown my way over the years.

Now there are some elderly citizens among us who take an adverse view of this sort of address, especially from the young, and their reaction at times could be seen as extreme.

Not quite sure how they view it, probably as some sort of perceived act of disrespect, condescension, patronisation. ..who knows what meanings their inner demons hang on those words.

Not so long ago I came limping out of a Geelong pool, heavily starboard on my stick, when a bunch of Cats came towards me, all muscle and purposeful energy; the sheer exhilaration of youth radiated from their bodies like a force field.

I just couldn't help myself. I straightened up as best as I could and lifted my body to its full height, then looking firm-eyed up at them, I said in almost a growl: "Give them hell on Saturday!"

The group didn't break stride, but one of them met my stare, a glimmer of a smile on his lips, and growled back: "We sure will, old man!"

It was only when I slammed the car door that it hit me: It really was the very first time that I've been called an old man!

A septuagenarian, that's what I am, white haired, somewhat unsteady of movement, relying heavily in both the physical as well as the mythological sense on my third leg.

Given the image I presented, what other description would have been appropriate?

By jingo I'm proud of my age and happy with the fact that I'm the only male of my family to have ever reached an advanced age.

The female side of the family, on the other hand, displayed an extraordinary propensity for longevity ...but that's another story!

But to get back to the tribe of ladypersons behind the food counter at the drive in petrol complex - I wouldn't for anything take exception to their choice of words.

"Sticks and stones can break my bones ..." well, the saying is all too familiar.

One thing though really gets up my nose!

Most times they pile food on my plate as if I was a two-metre tall truck driver at the end of a long haul. "Do I really look that hungry?" I once dared to ask.

The thirty-something ladyperson's face lit up. She ignored my question with: "There you are, luv, I've given you a couple of dims sims on the side. Now you enjoy that, dearie!"

What else could I do but take my heaped tray to a table and then stare down at the über-portion in disbelief, knowing full well that most of the food would end up in the waste container on my way out.

I really hate wasting food but a heavyweight truckie at the end of a long haul I certainly am not!

- Jo Vondra



FOR SALE

68 DORMAN STREET LORNE



SWEEPING VIEWS, SUPERIOR LOCATION

- Located on the low side of Dorman Street, this home has stunning views towards Lorne, taking in the entire main beach, Louttit Bay and The Pier, with dramatic views of waves washing over the rocks of North Lorne and a view across to Aireys Inlet Lighthouse.
- Comprising 3 bedrooms, 2 bathrooms and an open plan kitchen/dining/lounge area basking in all day sun via its northern orientation.
- The property also benefits from the reserve on the northern boundary giving the property a sense of space and privacy and offers a direct route through to Hall Street, allowing for quick beach access.
- The land allotment measures approximately 560 sqm.

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*From the team at
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5 Clovelly Court, Lorne

- 3 brm, 1 bthrm house, \$375 p/w, available now.

9 Normanby Terrace, Lorne

- 4 brm, 3 bthrm house, \$600 p/w, available now.

5 Howard Street, Lorne

- 3 brm, 2 bthrm house, \$340 p/w, available now.

Ambitious plan to redevelop Lorne Queens Park for tourist use

Great expectations are held for the release of the Great Ocean Road Coast Committee's (GORCC) revised Draft Master Plan for the extensive and ambitious development of Queens Park.

Submissions to the final plan have now closed and GORCC is expected to release the new report sometime in October.

The whole development is expected to be constructed over the next few years to totally transform the 44 hectare site into a tourist destination at the same time as the respect the unique flora and fauna of the area.

Included in the projected plans are infrastructure works such as water, sewerage, stormwater, electrical and road upgrades, the construction of a camp kitchen, manager's residence, playground, amenities upgrade and installation of visitor cabins.

There are also plans for a camp lodge.

There has been general community acceptance of the up-to-now unveiled development plans, though several Lorne residents have made contact with GORCC expressing concern for inadequate parking.

There is a fear that with limited parking on the development, cars, especially those belonging to visitors will spill over onto Armytage Street.

Armytage Street will provide access to the complex near the Lorne end.

A property owner on Armytage Street, Mr Ian Burch, said in his submission to GORCC that his concerns regarding on-site parking had not been adequately addressed.

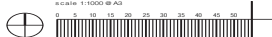
He said that according to his calculations, the plans showed only 33 car spaces when 45 were needed, and that there was no provision for visitor parking.

Other concerns by Armytage residents included landscaping, the possibility of a bus service to and from the town centre, noise control and operating schedule of the accommodation complex.

- JV



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NOV 2014 | Issue A
QUEENS PARK FOREST RETREAT
PRELIMINARY MASTER PLAN **A1.01**



Teddy's Lookout rebuilt

GORCC was quick off the mark to rebuild Teddy's Lookout following a recent fire which badly damaged one side of the structure.

Teddy's is one of Lorne's iconic tourist destinations in that it offers a spectacular view of St George River and the Great Ocean Road.

With the work, GORCC engineers also constructed a new ramp suitable for handicapped visitors.

Hurrah! for GORCC.

- JV



News from our Councillor for the Lorne Ward

Congratulations to the Lorne RSL Sub-branch for organising the ANZAC Day commemorations and activities. It was fantastic to see so many of our community attending the various activities. Special thanks to Lorne Lions Club, Lorne Bowls Club and Great Ocean Road Real Estate.

The Shire Councillors and Council staff have been well represented in Lorne over the past month, including a community engagement session of the forthcoming 2015/16 budget, the April Council meeting and a number of other issues within the ward. One of the issues included for further consultation was with the Stribling Reserve Committee of Management on the current state of the Oval.

Recently released statistics on the Surf Coast Shire overall population growth 2011-2031 highlights the following increases to 2031: Winchelsea 36.7%, Torquay North 160%,

Old Torquay –Torquay West 52.1%, Jan Juc 24.9%, Anglesea 9.4% and Lorne –Aireys Inlet- Deans Marsh 13.2%.

At the May Council meeting Council resolved to exhibit the Draft Early Years & Youth Strategy 2015-2018 and the Draft Positive Ageing Strategy 2015-2018 for 4 weeks. The documents provide some interesting insights on our communities. Both papers have been placed on the Shire's website for public comment.

The GMHBA Great Ocean Road Marathon was held in near perfect conditions, clear blue skies and glistening waters for over 6,000 competitors who attended the two day weekend festival of running. The Marathon men's winner was Geelong local Julian Spence, who grew up in Anglesea. The women's race was won by Kirstin Bull., winning in a fast time of 3:01.56. Congratulations to all competitors.

The whale watching season has begun. A Whale Watch blog has been created which records verified whale sightings in the region with date, time and location - great info that you can share with visitors. If you would like to receive these updates, log on to : <http://www.visitgreatoceanroad.org.au/whale-sightings/subscribe/>

The Lorne Football & Netball Club will be holding their annual reverse raffle on Sunday 7th June 12.00pm and the Past Players Round on Saturday 13th June (day & night-time events), all welcome.

Funding and grants applications

OPEN for applications 28th May 2015

CLOSING 5pm 19th June 2015

Funding Categories

Signature Events: Secure over \$10,000 (multiple year funding possible)

Major Events: Secure \$5,000 - \$10,000

Community Events: Secure up to \$5,000 (any time of year)

Signature & Major event funding has a focus of after Easter and before 15th December

Application forms and program guidelines for funding categories can be found on Council's website: www.surfcoast.vic.gov.au/Event_Grants

Applications must be completed online and received by 5pm Friday 19th June 2015. Applicants must speak to the relevant grant program contact prior to starting an application.

For more information contact Gretchen Gibson on 03 5261

Don't forget to register for Community updates on Lorneward.information@gmail.com

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Lorne Community Announcements



Christmas in July

Join us in celebrating the delights of a cold festive season with our annual Christmas in July lunch hosted by the Lions Club of Lorne

The View @ Lorne Hotel
Sunday July 19, 2015
From 12.00pm

TWO COURSE LUNCH
& 1st beverage on arrival
\$35 Per Person, \$18 Children

Enter the Christmas Cake Competition!
Simply bake your cake or pudding at home and bring to lunch for tasting by our expert judges.

Entertainment will showcase Lorne youth talent with performances by Lorne School and Kinder children

Reverse raffle bingo and prizes

Join in the carol singing and enjoy a kiss under the mistletoe!

Drinks at bar prices

BOOKINGS ARE ESSENTIAL
RSVP By July 10, 2015
Ticket sales: Marg Cartledge 0408 599 336 or margcartledge@hotmail.com

All proceeds raised at the lunch enable the Lions Club of Lorne to continue to serve our community



2015 LORNE ARTS FESTIVAL 5th Annual Lorne Festival of Performing Arts Friday 28 – Sunday 30 August 2015

The Festival of Performing Arts 2015 program will be launched on Queens Birthday weekend at QDOS Arts, Allenvale Road, Lorne, Sunday June 7, 4-5.30pm.
All welcome

This is your chance to meet Artistic Director, Monique Harvey, and to gain access 'hot off the press' to the 2015 Festival program as it goes on sale. Surprise performances.

Have your say on ...

Draft Early Years and Youth Strategy 2015-18

Draft Positive Ageing Strategy 2015-18

These two strategies will guide the delivery of services for young people up to 25 years old and older citizens aged 65 and over. Combined, these two groups represent almost half the total population in the Surf Coast Shire.

The two strategies are based on the concept of an all ages friendly community. The strategies can be downloaded at www.surfcoast.vic.gov.au along with a submission form.

Printed copies of the strategy and submission form are available at:

Torquay: Civic Centre (Merrijig Drive), Children's Hub, Visitor Information Centre.

Anglesea: Barwon Health, Anglesea Kindergarten, Visitor Information Centre.

Lorne: Lorne Kindergarten, Lorne Hospital, Visitor Information Centre.

Winchelsea: Community House, Hesse Health.

Deans Marsh: Community Cottage.

Moriac: Moriac Pre-school, Moriac Doctors Surgery.

Submissions for both strategies close **26 June 2015**.



The Falls Music & Arts Festival's Lorne Community Fund has \$16,500 for local projects and activities – as voted in by you! Applications will be open from Monday June 15th until Sunday August 16th. Projects of any size and budget are welcome. The allocation of funds will be determined 100% by a community vote throughout August/September. Forms from Application forms are available from the Lorne Foodworks Supermarket, Lorne Post office or by emailing vicadmin@fallsfestival.com

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Sportsbriefs with John Ford

Football Tragedy

The football community was shocked by the passing of Otway Districts captain Aaron Mahoney after a freak collision against Lorne on 2nd May. Despite immediate and thorough medical attention from Lorne and Otway Districts officials, Aaron could not be revived and the match was abandoned. Aaron was 24 years of age and married with two young children. Aaron's father visited the Lorne training the following Tuesday night to thank the Lorne club for treating his son and made it clear that it had been a freak incident with no malice.

Tributes for the young footballer included a guard of honour being formed before the match between Lorne and Apollo Bay the following week. Otway Districts, who had a Bye that day, joined the Lorne and Apollo Bay senior teams and netballers in a moving dedication to the young player. As many as 25 Lorne players and officials attended the large funeral in Colac for Aaron, who along with his family loved football. All the sporting community is saddened by the loss.

Dolphins Doing Well

Lorne's senior football team is currently fifth on the CDFNL ladder after six rounds. The team has had three impressive wins and two losses – with the points being shared in the abandoned match against Otway Districts. This is quite an improvement after finishing on the bottom of the ladder last season. Lorne's depth of players is shown by the fact that the Reserves team is second on the ladder with five wins and just one loss. Lorne needs to improve against the top sides, but certainly deserves its current ladder position.

Lorne's next matches are as follows: 30th May vs Forrest at home, 6th June away to Alvie, 13th June home against Irrewarra-Beeac, and a Bye on 20th June. The Dolphins receive great support at home where you can watch the football and netball matches including enjoying traditional football lunches. Remember most of the away matches are around Colac where you can enjoy a great country drive, do your shopping and follow your team. Go Dolphins!

Great Ocean Road Marathon

The Great Ocean Road Marathon and Half marathons were held on Sunday 17th May in perfect conditions – sunny, still and cool. A field of over 1000 runners ran the full marathon, with a total of more than 6000 runners participating in five events across the weekend. This was the eleventh running of the event which draws participants from interstate and overseas. Julian Spence recorded the fastest time of just over 2 hours and 37 minutes for the 44 km journey. Julian had been runner-up last year, but this year won by 6 minutes. Fastest female was Kirstin Bull who ran just over three hours and finished 11th overall.

The half marathon was won by Stephen Dinneen in 1 hour and 13.5 minutes for the 23 km run. Event

ambassador Steve Moneghetti, now 52 years of age, ran a very good fourth. Ellie O'Kane was the fastest female finishing in 1 hour and 25 minutes. Well done to all who participated, whether for fun or to record your personal best time. Thanks to media rep. Georgie Cox for passing on some of the runners' times.

Golf

Ladies Golf

The days are getting shorter and sometimes a little wet, but the Ladies Golf still continues.

Weather permitting our competition day on Tuesdays' commences at 9 am. Play either nine holes or 18 holes. All are welcome to join us, even if you are just passing through Lorne.

Six of our lady members recently played in the Colac competition and a fun day was had by all. Thank you to Caroline Bartholomew, Wendy Hutchison, Norma Mills, Judith Smyth, Carol Tutungi and Sue Sloan for representing Lorne.

Our annual interclub competition, Miss Lascelles Silver Salver was held on Monday 11 May.

We had a field of 11 teams, 33 players. The clubs' represented were Lorne, Angelsea, East Geelong, 13 th Beach, Barwon Heads, Kew, Victoria and Skipton. We also had apologies from Lara, Ballarat, Clifton Springs, Winchelsea, Torquay and Colac.

Congratulations to East Geelong, the winning team with a total score of 77. Well done to Helen Norton, Kath Dellar and Judy Mather.

Winner of Silver division - Val Connelly, Angelsea – 31 points; Runner up of Silver Division – Carol Tutungi, Lorne – 29 points; Winner of Bronze Division – Caroline Bartholomew, Lorne – 27 points; Runner up of Bronze Division – Virginia Farley, Skipton – 26 points

Our Lorne team, Carol Tutungi, Caroline Bartholomew and June Stafford played very well.

A delicious lunch was served by Don's Kitchen, followed



The winning East Geelong golf team

by cakes all homemade by the Lorne Ladies. The weather was generally good and all involved had a terrific day.

Due to winter fast approaching our casual Thursday hit and chat will be suspended until further notice.

If anyone is interested in a golf lesson please contact Vicki Thomas on 0409 432 045.

Lesley Goldsworthy
Lady President

Tennis

Lorne Country Club will be holding an Open Day/Social Tennis afternoon on Sunday 7th June. There will be fun tennis and afternoon tea provided. Whether you are an experienced player, beginner or past player you are welcome to join in from 2.00pm. There will be players of your standard and everyone will be encouraged – to enjoy their tennis and share some stories. I look forward to seeing you there!

Lawn Bowls

The Lorne Bowls club conducted their Annual General Meeting on 27th May the following members were elected to the Committee - President Gary Allen; Senior Vice president Peter Spring; Senior Vice President Peter Jacobs; Secretary Don Baldwin; Treasurer Helga Lewis.

The elected Committee is Jeff Woolley, Sam Coulson, Clive Goldsworthy, Michael Causon Jnr, John Russell, Allan Walls; Immediate Past President Tony Peddie. Selectors: Michael Causon, Peter Jacobs, Peter Stephen; Green Director John Russell.

The Ladies A G M was held earlier in the day the committee is as follows - President Helga Lewis, Senior Vice President Ingrid Coulson, Secretary Heather Olney, and Treasurer Janet Mcleod.

- Jennifer Dullo

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

Send articles to byswerdi2@bigpond.com



News from the Lorne Aquatic and Angling Club

Committee News.

Congratulations to Manager, Ian, in producing the best bottom line figures on record. Our net profit for ten months trading in 2014 – 2015, currently stands at approximately \$60,000. A wonderful result for the future of our community based Club.

It has been brought to our attention that Jim Millington (a relative of the local Armistead family) is riding his horse from Peterborough to Torquay to raise money for a friend who is suffering terminal cancer. Your committee has donated \$100 towards the feeding of Jim's horse whilst spending a night in Lorne, with the balance going toward this worthy cause.

We have arranged for the purchase of 250 stubby holders due to the success of the sales of the initial donation from RJS Corporate Services. As well, Club caps will be available to members for purchase shortly.

Pt. Grey Development

Currently, the final plans for the precinct are with DEPI (Coastal Management Committee). Once the document has been signed off at this level it will be released to the public and the GORCC will develop its business case to be presented to various forms of government for funding.

The LAAC is continuing its proactive approach in regards to planning and financing a new building

On Saturday, June 6th at 10.30 those members who have indicated their support will meet to discuss strategies and resourcing of the next phase. As well as this sub-committee structure, Manager, Ian, will be seeking ideas from members with regards to building design and finance avenues.

The general committee will request a report from the sub committees in early November and a formal presentation will be organized for the Annual General Meeting which will be held on December 5th.

Winter Fishing Competition No 1.

May 3rd was a beautiful May day with a light northerly breeze. Eighteen members fished locally from boats and land with a total of eleven fish being weighed in.

Our sponsor for the day was PETER WHEAL LANDSCAPING – many thanks for your continued support, Peter.

The senior winner was Neville Dandy with a salmon of 1.1kg; second place went to Paul Staley with a flathead and Andrew Clark third with a great winter whiting.

The junior winner was Laura Wallis with a mullet and Zaiya Kavacic runner up with a leatherjacket.

The No Prize Won award went to Luke Wallis and the NPW score for the day was 1932 points.

Next competition – Major Comp No 4 – June 7th

Thanks to Mick Carlton for cooking the bbq for those in attendance.

The Torquay Angling Club was represented by three members of their executive and all were impressed with our fishing competition organization and our hospitality.

Graeme Norton
Commodore.

Essential Housing Workshop provides figures for CLT Research Project

Essential Housing Workshop Provides Figures for CLT Research Project

The Committee for Lorne, in conjunction with a team from the University of Western Sydney, are continuing their research into the possibility of setting up a not-for-profit community organization, called a Community Land Trust (CLT), which would provide long-term rental and owner-occupied housing for people working in Lorne who meet certain eligibility criteria.

To gain up-to-date information on (a) the current housing situation, (b) the types of housing the working community would like to buy or rent for the long-term, and (c) the suitable price points; the Committee for Lorne held an Essential Housing Workshop on Thursday 16th April. Nineteen members of our working community attended and almost all completed the associated survey.

Among those attending were six small business owners with young families, five managers of Lorne businesses (three who have young families and two who do not have children yet), five with permanent employment in Lorne, and three senior managers of larger businesses whose staff struggle to find permanent local accommodation.

All attendees aired their concerns about the severe lack of permanent accommodation in Lorne, either to rent or purchase at an affordable price. They described the enormous ongoing stress this caused for them, their families and their relationships, and the serious staffing difficulties this caused for local businesses. Most reported that their rental leases expire every 1-2 years due to the house being sold, or renovated before converting to a holiday rental. One family's story of living in 5 houses in 7 years was reported to be quite common. In addition to stress, this creates a lack of stability, insecurity and the inability to plan for the future.

Not only is the thought of having to move extremely taxing, but when there are no houses available on the rental market when the lease nears its end, there is the additional stress from the possibility of having to move out of Lorne altogether, pulling the kids out of school, finding new jobs, new friends, etc. The lack of permanent accommodation in Lorne also causes some families financial distress due to them opting to pay more rent than they can afford, just to stay in Lorne.

The typical rent that these residents currently pay is around \$300 per week for a two bedroom property and \$350-\$450 per week for a three bedroom house. As this represents a net return of around 2% for the landlords, these properties are not commercial investments but rather lifestyle assets from which the landlords want flexibility. The houses are typically not in good enough condition to put on the holiday rental market and most are built for the summer season and so have very little insulation and/or heating.

A clear picture of what would be ideal for these families was developed as a result of the Workshop and associated Survey. The number 1 requirement is simply a two-year lease without any chance of it being cut short, although 70% of the attendees reported that they would like to buy their own home in Lorne. A two bedroom, two bathroom house or unit was seen to be ideal for those without children, but all those with kids would like a 3 or 4 bedroom house, with two bathrooms

and ideally a kids' play room. Other features ideally required are natural sunlight, open plan design, off-street parking, wood heater/open fireplace, storage space and sustainable living.

Interestingly, a large private back yard was not seen as a priority – the attendees stated that a small private deck or garden would be adequate, although a shared outdoor space with a BBQ area, veggie patch, chooks and possibly a pool, was a popular idea. The distance from Mountjoy Pde was not seen to be an issue either, the only requirement was that they lived closer to Lorne than any other town, to enable them to still be a part of the Lorne community.

In order to understand how much Lorne families, as represented by those attending the Workshop, would be able to afford, the survey included a question on household income. Although 60% of the attendees were managers or business owners, only 10% had a household income in excess of \$90K p.a. - 45% were in the \$51-\$90K p.a. range and 45% had a total household income of less than \$50K p.a. This correlated with the 2011 Census figures for Lorne, which gave the median household income for all Lorne families to be \$62,000.

What this means, is that for families working in Lorne to be able to purchase affordable housing, the Community Land Trust would need to offer 2 bedroom houses or units for \$200K-\$250K, 3 bedroom houses for \$250K-\$350K and 4 bedroom houses for \$350K-\$450K. The rental alternatives would need to be very similar to what the attendees are paying now: \$300 or less a week for a 2 bedroom unit, \$350-\$450 a week for a 3 bedroom house and no more than \$500 a week for a 4 bedroom house.

The next step is to find a way to provide housing in Lorne, at these price points. Anyone willing to help with this important next stage of the project should contact me on the details below.

Nicky Muxworthy

Chair

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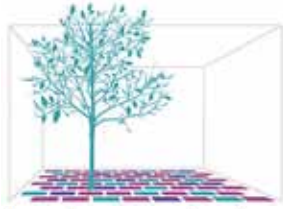
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What's in a name?

Someone wanders by and comments to you, “Your Treasure Flower is going well,” and you reply frostily, “Well, if you are talking about my Black-Eyed Susans....” and so the debate begins. Apart from the Perth band who made Melbourne their home in the 1990’s Black-Eyed Susans in the plant world can refer to gazanias (as in the example above), rudbeckias, thunbergias and tetradlecas¹ within which family they are also called Pink Eyes and Flowers of the Ranges. Thunbergias to me are always going to be the genuine Black-Eyed Susan though(!) but they can also answer to being named Orange Clock Vine and Golden Glory Vine. (a)

It is because the same plant can have different names in different localities the importance of correct naming becomes necessary for the sake of clarity. This was recognised a few hundred years ago and in order to avoid confusion and debate the Swedish botanist Carl Linnaeus came up with a system to just this called Binomial Nomenclature during the 1750’s. (This is the thing about Google – by searching in its engines we learn more than we thought we didn’t even know in the first place). Linnaeus recognised that, for example, one man’s Traveller’s Joy may not be another’s and that one clematis might be *Clematis montana* from the Himalayas (aka Virgin’s Bower) and another be our very own local variety, *Clematis aristata* (as well as Traveller’s Joy it is also known as Old Man’s Beard). Binomial Nomenclature has been adopted throughout the horticultural industry and we thank our lucky stars it has been. Linnaeus has been recognised by Time magazine as one of the five most influential scientists of all time and the Renaissance philosopher Jean-Jacques Rousseau “I know no greater man on Earth.”

You are sure to have come across other examples of plants bearing more than one name and nurseries carry the new varieties and hybrids which are continually being developed and introduced. Naturally, their name tags carry both common name and botanical name. Rose catalogues feature new varieties on an almost yearly basis. While I do favour the lyrical when it comes to naming plants and in combining this with the serious scientific and cultural weight behind their names I come down on the side of referring prosaically to plants. Thus I call an *Echium fastuosum* a Bee Flower when others call it either Pride of Madeira or Tower of Jewels. This means that at the end of the day, I still like to call a spade a spade.

(a) *Tetradleca ciliata* is a variety which grows locally (below the Barwon Waters yard off Polwarth Road for example). This is not a Black Eyed Susan but is often referred to as Pink Eye.

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

As Lorne hunkers down for the winter after the GOR marathon, our nearest neighbour Aireys Inlet takes up the baton and opens its successful annual Winter in Aireys Festival with a Winter Ball at the Fairhaven Surf lifesaving Club on Saturday 6th June see website for info and on line bookings. www.fairhavenslsc.org

On Sunday 14th June from 2.00pm at the Aireys Pub, writers, poets, readers and listeners are invited to a FREE winter festival event sponsored by Surf Coast Arts. Under the Influence of Words : Writing and Poetry Readings. Enjoy listening to writers reading from their own works of fiction, non-fiction, poetry, plays. The writers will have a ten minute limit and can pre register with writer and MC Janet Brown at writersaireys@hotmail.com or just come along and register in the half hour before the session begins. Listeners ? Just turn up and enjoy it.

On Sunday 14 & 28 June from 10.00am – 1.00pm at the Light keepers Inn Aireys Inlet Conference Room, Lorne’s own highly talented Iris Walshe- Howling is presenting two 3 – hour Living Sculpture Workshops. This is another FREE event sponsored by Surf Coast Arts. The aim of the workshops is to create a wearable art structure/costume that can be worn and performed as a living sculpture/ character by the artist. Session 1 creates the concept Session 2 creates the character and the performance.

Numbers are limited. Bookings essential. Contact Iris Walshe-Howling bobandiris105@gmail.com

Saturday 20 June 11.30am – 3.00pm Graeme Kinross- Smith, poet, photographer and writer of fiction and memoir, will be running a Writing Workshop: ‘ Landscapes in Memory’ at Ocean Inlet – 34 Wybellenna Drive Fairhaven. This Winter Festival Event is sponsored by Geelong Regional Library Corporation. Cost \$30 (includes lunch) Contact; Yvonne Adami yvonnea7@sov.net.au
- AE

After nearly two decades, Lorne again has a operational wood yard.

Situated at the Industrial Estate at Erskine Falls Road, the yard offers red gum, kindling and other fire products.

Previously, David Grau and Sue Woollands operated two wood yards in Melbourne and after spending holiday time in Lorne, decided it might be the place to settle and continue their interest in supplying fire wood.

The yard is open seven days a week during the winter months for those that would prefer to pick up their own wood and bags of kindling. - JV

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From page one The gentle art of flying kites

By Douglas Williams

To see a car cruising along the coast with a number of boards strapped to the roof is not an unusual sight. Most surfers have a couple of options to choose from in their quiver so they can pull over, wax up and go for a surf in any conditions. And there is another group of weather watchers out there. Offshore winds are what board riders want but some people would rather have the wind coming onshore, an easterly or something from the northern vector. We were talking recently with Tony Wolfenden about his other hobby (building model boats was covered in the May edition) and he revealed that he will often be prepared for the right wind conditions to indulge in his chosen leisure activity by carrying in the back of his wagon a couple of different “toys”. If you are thinking wind surfing might be his interest you are off the track but if you think kite surfing you are closer to the mark, except you’re not. Let me explain. Tony is a dedicated kite flyer. Not the kite flying that used to be a way of writing dud cheques about which my late disreputable uncle knew so much, but serious, competitive aerial contraptions.

Tony told me, “I frequently construct and fly a pair of kites not just because two must be better than one but to observe the interaction as each kite responds to its individual piece of sky; they seem to play a game of attracting and repelling each other.” It is difficult to gauge the scale of these kites once they are airborne. The hexagonal shaped kite in the photo on page one is 2.4 metres tall and the black and white stars are 1360 by 1360mm. Their tails are 450mm wide and are 20 metres long.

These kites are a far cry from the rudimentary butcher’s paper and stick things we used to make as kids and which were held together with a glue of flour and water. Those made by Tony show a high level of sophistication and he has been making kites for thirty years but, as he points out, their history dates back two thousand years, probably to China. When he travelled the world to International Kite Festivals over a ten year period he was invited to Asia, Europe and North America. These festivals are nothing like the combat style kite fighting where ground glass is used to cut the lines of competing aerialists, they are expository and display events; although he did say that he was singularly dismayed when a nearby display flyer on one occasion inadvertently cut the tail off one of his kites.



“The history of kites runs for well over 2000 years probably first starting in China. I have been interested in kites since I was a child but only started seriously making them some 30 years ago. There is something so simple in the pleasure of sending a kite that you have made up into the sky, for it live for a moment in the arms of the wind, to be somewhere that one can’t go but still to be attached to with just a single line.

“From my profession as a product designer this was an escape from some of the realities of the commercial world, and in 1990 as a hobby it became something of a preoccupation. I attended International Kite Festivals in France and Italy, Greece, the United States, Canada, Denmark, Japan, Singapore, Malaysia, Thailand and New Zealand, meeting with other similarly addicted kite makers.

“I still make the occasional kite and am happy to fly in my own piece of sky close to the beach in Lorne.”

- Tony Wolfenden



CEO of the Lorne Hospital Kate Gillan and Dr David Mullen

Change to the ownership of the Medical Practice at Lorne

The Lorne Medical Practice (situated on the Hospital premises at 1 Albert St, Lorne) has been owned by Dr John Beaumont for about three decades, and over that time John has provided the Lorne community with an outstanding General Practitioner service.

Some six months ago the Hospital Board of Management entered discussions with Dr Beaumont to develop a medical workforce strategy that would sustain the same quality of General Practitioner service for the next three decades. The Board was mindful that Dr Beaumont no longer resides in Lorne and is winding down his working hours as a doctor.

External accounting advisers, experienced in health services, provided due diligence and advice on valuation. The Board adopted the recommendation of these independent umpires on practice valuation and compensation, and consequently the practice ownership will transfer to the Hospital on 1 July 2015.

For the Lorne community, it will initially seem that nothing has changed. Dr Beaumont will continue to practise in Lorne on Wednesdays and contribute his experience to the overall medical expertise we enjoy as a community. The same medical and administrative staff will welcome and service patients. Medical records, both hard copy and digital will be retained in the practice under the new ownership and there will be public communication about this as per the Health Records Act 2001 (Vic).

In the longer view, the new ownership structure provides an opportunity for the Hospital to appoint a new full time doctor-in-charge, Dr David Mullen, who has played a central role in the practice for over four years.

Dr Mullen and his family are already well-integrated into the Lorne community. The Hospital Board believes that Dr Mullen's commitment to Lorne, and his professional skills and energy, are a strong platform on which to build a General Practitioner service for the future.

The staff at the Lorne Medical practice are also well regarded and are the backbone of a well-functioning, quality service. It is anticipated that the current staff will be retained in their roles with all the usual hours and conditions that they have been used to and that the transition will be smooth and seamless. - **Emily Lens**



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Lorne's Erskine River comes alive with miniature boats

Locals as well as visitors have been working hard over the last months to ready their model boats for Lorne's 4th Swing Bridge Model Boat Regatta held on Sunday June 7 over the Queen's Birthday Weekend.

Of special interest will be Tony Wolfenden's magnificent craft which has been taking up space in his workroom over the last months.

Tony takes building model boats as a 'very serious hobby' (see story on his kites in this issue), and other model boats 'tragedics' include Peter Spring and George Dragovitch.....

'Captain' Danny Riordan usually enters some interesting models.

With some great prizes on offer, competition is likely to be fierce this year.

The spectacle gets under way on June 7 at 10am and the competition will last until 12.30pm.

The Erskine River, normally a sea of paddle boats, hobby fisherman, seagulls and holiday makers will be transformed into a mini boat regatta with scores of meticulously crafted model boats vying for line honours.

Aimed at the whole family, young and old, with or without boating experience, the day will be a colourful display of sailing and power boat races.

Race heats will be divided into sailing and power, and by age group, under 12 years, 12-18 years and over 18 years.

You don't need your boat to join in the fun. Visitors can try their hand at sailing any of the pond boats which have been generously loaned for the day by Love Lorne.

Exhibition sails will also be held throughout the day.

Participants and onlookers will be soothed by the dulcet tones of local poet and race compare, Hayden Rickey while they watch the activities.

At the conclusion of racing, presentations will be made at the Swing Bridge Cafe with prizes donated by local businesses Precious Creatures, Swing Bridge Café, Lorne Books, Marks Restaurant and Cuda Bar.

Entry into the regatta is \$5. Registration is at the Swing Bridge on the day from 9:45am or email in advance to info@lovelorne.com.

Inspired by the Great Lakes Model Boat Regatta in Michigan USA and aspirations of the Lorne community to rediscover a childhood hobby lost to digitalised indoor pursuits, this event was founded.

A true spectacle on Lorne's Erskine River- get competitive, participate for fun or just watch and admire as boats adorn the water.

For more information and accommodation options, head to www.lovelorne.com.



Keep in touch with what's happening all year round in Lorne by signing up to the Lorne Business and Tourism Association's (LBTA) e-newsletter, join Lorne on Facebook at www.facebook.com/WeLoveLorne or follow Lorne on Twitter at twitter.com/welovelorne

- MT

(The images above were all taken from last year's regatta)

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On behalf of the RSL Lorne Sub Branch Committee we would like to extend a thank you to those who assisted us celebrate the 100th Anniversary of ANZAC Day in Lorne on the 25th April 2015.

Through support from our valuable volunteers, and donations from individuals, groups and businesses within our communities, we work towards achieving our mission and hope to give back to those who sacrificed their lives for our country.

We recognize the following:

- Senior Citizens Club
- Lions Club of Lorne
- Foodworks
- Bowling Club
- Lorne – Aireys P-12 College
- Grandma Shields Bakery
- Great Ocean Road Coast Committee
- Great Ocean Road Real Estate
- Wider Lorne community
- All those who contributed to poppies and wreaths

Our thanks again.

Craig Hunt

President

Lorne RSL Sub Branch

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AGES 5-12

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Why do I live in Lorne?

I had just sat down at the “Arab”, and ordered a “Flat White” when a voice I instantly recognized as my mate Jeff yelled out from across the road, ”... Ian how the hell are you”? I turned slowly to my left as he walked across Mountjoy Parade, leaving his wife to sort out their two teenage daughters. Jeff was wearing his usual oversized, bright blue Hawaiian Print shirt with its Diamond Head and palm tree motif, a pair of khaki shorts which appeared just beneath his shirt and a pair of worn down thongs so paper thin that they that offered no protection to his feet whatsoever. I asked the staff behind the counter for another two flat whites and two chocolate milkshakes for the girls. I stood up, shook Jeff’s hand and pecked his wife Fiona on the cheek. We all sat down for a good chat.

My friendship with Jeff went back to early 1964, back when on Saturday afternoons after Easter nearly all the shops would close and not reopen again until the following Monday morning.

In Lorne, the only place you could get a good bite to eat then was the Promenade Cafe which was alongside the main entrance steps of the original Cumberland Guest House. *The Café* was run by Shirley and Cliff Green and was a meeting place for both local and visitor. Many long lasting friendships were made here over a glass of “Pineapple Crush” or one of Cliffy’s salad rolls.

Jeff and I were both surfers in the very early 60’s so we were part of a relatively small group of people which meant we all knew each other and all became lifelong friends. We were always bumping into each other at different places along the coast looking for waves to ride, but it is Lorne that holds many memories for me.

In those early years of my weekend visits to Lorne when the tide would be low and the wind would be blowing from the west, there was always the chance of a good wave to ride out on the Point which was shared between us visitors and the local surfers who were always very friendly. For us early surfers who were from other towns along the South Coast, the East Coast, Phillip Island and even interstate, meeting these young carefree Lorne surfers and their friends was probably one reason Lorne became my second home.

It was in Lorne that I met Christine my wife of 42 years. How’s that for a lasting friendship!! To this day many friendships remain as solid now as when they were cemented in those early years.

Some months later I chanced another meeting with Jeff at The Arab and he told me one of his daughters is moving to Canada, but the other is still living at home. His wife Fiona was at work. We reminisced about one surf trip we made together in the 60’s to South Australia. Coming back to Victoria via the coast we were driving along the Great Ocean Road near Port Campbell and decided it was time to sleep somewhere so we set up camp in the Loch Ard Cemetery and no-one bothered us. We drove into Lorne the next day with perfect surfing conditions.....a large easterly swell and offshore winds and only two locals out surfingHow good is this, we said, it must be a school day!

28 Lorne Independent

We talked about the story of the ‘Shifting Sands Motel’ in Lorne where you could spend a night and it cost nothing. I was the only person one weekend who didn’t know where it was and it turned out to be the sand



Ian Walding in 1970 at Hermosa Beach, near LA in the United States

dunes near the rear of Erskine House. You were fine there as long as the local policeman didn’t wake you up during the night with a heavy kick in the ribs. We soon upgraded from the ‘Shifting Sands’ and moved to another location in Lorne complete with a new name....‘The Hacienda’. While sounding Mexican in origin it was actually an old caravan that someone had lent Jeff. It did save you from sore ribs and bruises though.

One of the curious things about Lorne is you often bump into old friends and acquaintances for no reason other than they need to see the place again and relive their times spent there. It’s as though meetings are arranged, but I hadn’t stopped at the Arab for a coffee for many months..

The reason I wrote this article is not about Lorne itself as a town, it’s about the friendships made, the people of Lorne and my early memories of Lorne.

- Ian Walding

Lynton's Reflections

Detachment from reality when you jump from high up!

In my 20's I had the time and money to have a go at skydiving. Not really skydiving though. More like jumping out of an aeroplane with a parachute on. I think the skydiving would have come later when the experience of having the parachute actually open for you had occurred a few times.

As it was, I did three jumps one afternoon but each of them was a 'static line' jump where the parachute opens automatically after you've left the plane. Gives you less things to worry about.

The training had been quite intense and thorough. Over ten weeks I had learned about folding and packing a parachute, the body position for freefall, how to count up to ten, landing and rolling and, especially, how to deal with malfunctions in your main chute.

My instructor had over 1,000 jumps and was always positive and optimistic. He famously would say that parachuting is really safe ... if you do everything carefully and follow the procedures. But in the back of my mind was always the thought that this must be dangerous to some extent. As a friend of mine would say, "Jumping out of a perfectly good plane has got to be stupid in some way."

The day arrived.

I think there were three or four others jumping on the same afternoon but just two jumpers would go at a time. With the pilot and the instructor. We sat on the floor of the Cessna where the passenger seats would normally be and with the passenger door missing.

When we reached the 3,000 feet needed I was waved out the door to stand with my left foot on the tyre, holding on to the wing strut and with my right foot dangling in the air.

If you've ever stuck your arm out of a car window on the highway or, even better, your head and shoulders out the window, you'll appreciate how windy it can be. It was worse than that.

At the instructor's command you let go. And the aeroplane leaves you.

It was at this point that I was overwhelmed with loneliness. Nothing much in life mattered for a short time. It didn't matter who the Prime Minister was. It didn't matter how Australia was doing in the Ashes Test. There was nothing between me and the ground below. There was nothing anyone could do for me just then.

But I had been trained well and even as those thoughts went through my mind I was counting, checking my body position and looking up at the plane leaving me.

My only panic was when I started losing body position and my legs dropped below my shoulders – the parachute had opened and I was hanging upright in the harness.

The next two or three minutes were amazing as I enjoyed a bird's-eye view of the countryside.

I haven't jumped since that day 43 years ago. Just haven't made the time to do it. But I really appreciate that experience of having been disconnected from everything for a few seconds. I think I was experiencing mortality so that I know I need Another to anchor my life.

Can't do life without God!

- Lynton Wade

Letters:

In praise of Henry Love

How wonderful to see one of our esteemed citizens like Henry Love being honoured by the Lorne community in recognition of the good works he has achieved within a colourful life-time.

He was involved in many activities, not only in our township, but also the Surf Coast Shire and council.

Lorne was both proud and honoured when Henry was mayor of the Surf Coast Shire.

It's hard to believe it was only two years ago when the Lorne Lions organised that wonderful tribute for Mary and I at the Grand Pacific Hotel – we were both so thrilled and grateful to have been chosen.

Doug Stirling,
Lorne

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Dry skin and eczema

Dry skin is a common problem and the cold, dryness of winter weather can exacerbate this condition. Dry skin all year round is particularly common in older people with almost all people over 70 years of age suffering from some degree of dry, rough and scaly skin.

The cause of dry skin involves genetic as well as environmental factors. Numerous factors can predispose a person to dry skin including a cold or dry climate, very hot showers and the use of alkaline soaps, cleansers and shampoos. Age related changes to the skin's structure and subsequent water content leads to increasing dryness of skin with advancing age.

Dry skin may present as rough, scaly, itchy skin and often occurs on the extremities, particularly the lower legs. It may also present as burning or stinging with a feeling of skin tightness particularly following a hot shower.

Management of dry skin involves the avoidance of the environmental factors mentioned above and symptomatic treatment to restore the skin's epidermal barrier and maintain hydration of the skin's stratum corneum layer. The mainstay of treatment is liberal and frequent use of moisturising agents to rehydrate the skin and relieve the discomfort from scaling and itch. Many different moisturisers are commercially available and your pharmacist is ideally placed to advise on the best treatment option for your condition. Avoidance of alkali soaps and shampoos is also beneficial as they can affect the skin's naturally acidic mantle; again pharmacists can provide advice on soap and shampoo alternatives.

Eczema, or atopic dermatitis, is a recurring, non-infectious inflammatory skin condition affecting one in three Australians at some stage in their lives.

Eczema usually appears in early childhood and most children grow out of the condition. Adult onset eczema is often difficult to treat and may be caused by other factors such as medicines. Eczema presents as red, dry, itchy and scaly skin and in severe cases may weep, bleed and crust over causing great discomfort.

The condition is most common in people with a family history of an atopic (allergic) disorder, such as asthma or hay fever. External factors can also play a role and include

irritants, such as tobacco smoke, chemicals, temperature and humidity, and allergens such as house dust mites, moulds, grasses, foods, pets, washing powders and toiletries.

Management of eczema can be difficult and your doctor or pharmacist can advise on the best treatment options. In addition there are self-care strategies that will assist to treat and avoid an eczema outbreak, such as:

- Keeping the skin moist by avoiding soap and applying moisturiser
- Wearing 100% cotton or soft fabrics - avoiding rough, scratchy fibres and tight clothing
- Using rubber gloves with cotton liners
- Having lukewarm baths and showers using a non-soap cleanser or hypoallergenic bath oil
- Gently patting, not rubbing, the skin dry with a soft towel
- Applying a moisturiser within three minutes after bathing to 'lock in' the moisture
- When possible, avoiding rapid changes of temperature and activities that raise a sweat
- Removing carpets and rugs from houses (if possible) and keeping pets outside
- Ventilating the house as often as possible
- Avoiding stuffed toys which harbour dust mites
- Changing bed linen regularly, using specialized dust mite prevention covers
- Reducing daily stress

Your local community pharmacy is your health destination and your Self Care pharmacist can give you more information about issues affecting dry skin and eczema. Your local Self Care pharmacy also has a range of Fact Cards covering Eczema and dermatitis which can help you.

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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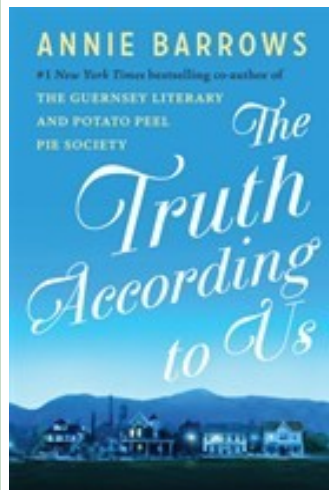
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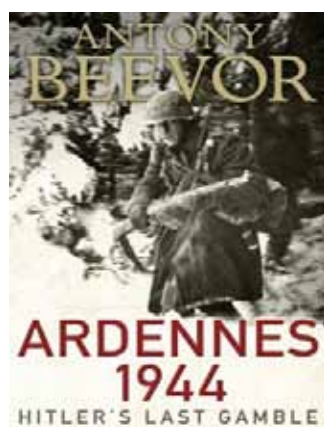
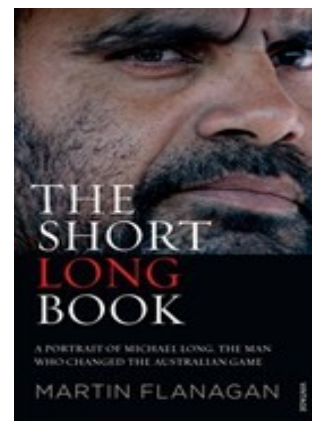
In the summer of 1938, Layla Beck is sent by her Senator father to cover the history of the little mill town of Macedonia, West Virginia. Layla envisions a summer of tedium. However, once she secures a room in the home of the unconventional Romeyn family, she is completely drawn into their complex world.

The Truth According to Us,
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Annie Barrows is the co-author of *The Guernsey Literary and Potato Peel Pie Society*

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On 16 December 1944, Hitler launched his 'last gamble' in the snow-covered forests and gorges of the Ardennes. He believed he could split the Allies by driving all the way to Antwerp. The Ardennes offensive, with more than a million men involved, became the greatest battle of the war in western Europe.

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