

Koalas relocation to Lorne Death by Stealth

The Victorian Government is ‘relocating’ 400 and possibly up to 600 koalas from Cape Otway to the outskirts of Lorne in a quite cynical move to stop the animals from further denuding forests along the Great Ocean Road and temporarily saving them from starvation.

The Australian Koala Foundation has called the move a ‘dump and run’ policy.

In a media release, the Victorian Department of Environment Land Water and Planning said that the females had been rendered infertile, giving rise to the term ‘death by stealth’, considering that the Koala’s life cycle is about eight to ten years.

Local community leaders are outraged at the announcement as no community consultation was attempted by the Department.

Lorne already has a considerable koala population, introduced some years ago and some trees – notably the eucalypt in front of the Visitor Information Centre – are already showing signs of damage.

Qualified Arborist Stephen Bayley from TreeWatch said certain Lorne trees will have to be protected or they will not rejuvenate and ultimately die off.

The koalas were originally located on Kangaroo Island but as they denuded the eucalypts, they were moved to Cape Otway in what CEO of the Koala Foundation, Ms Deborah Tabart sees as a cynical “cover up mode” by the Department.

Ms Tabart said that unfortunately there was no one authority responsible to look after the welfare of koalas on an Australia-wide basis.

Caring for the animals is done on an ad hoc basis by various government agencies. “The RSPCA looks after the welfare of animals, but it does not have any authority over the movement of animals,” she added.

She said that the Foundation was working towards establishing one custodial authority responsible for all the animals in Australia, and to formulate a uniform approach.

The translocation site in the Great Otway National Park, the Victorian government says, was identified following statewide (Victorian) habitat modelling to identify potential recipient sites for translocating koalas.

The favoured release site in the Great Otway National Park, north of Lorne, has several species of eucalypt known to be favoured forage species for koalas: Manna Gum, Swamp Gum and Southern Blue Gum.

Article continues on page 16



Victorian departmental officers release one of the koalas in Great Otway National Park forest to the north of Lorne. Initially, 400 will be released but ultimately the numbers could go up to 600.

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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.

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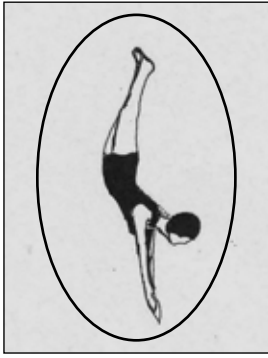
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The Louttit Loop



Houses are selling all over Lorne – two in Hall Street had no signage so no SOLD stickers needed - and a beauty right in town which topped \$3mil.

Once again the annual Lorne Film Festival attracted good crowds of interesting folk who not only enjoyed movies galore, but also food, frolics, and fun! Well done Director Darren Markey.

Quite a few local weddings and births – and a couple of new

Grandparents! Mandy and Roger Calder and also Gary and Vicky Norton welcomed divine new Grandsons recently. Let the fun begin.

Happy 50th Wedding Anniversary to Joe and Rosa Ragusa, who celebrated with their large gang of kids and grandkids in Melbourne!

The community was sad to hear of the passing of June Daff in November. June's early association with the golf club was mentioned at the excellent recent celebration for 30-year members!

Beautiful to hear the Bowls Club recently dedicated two days of play to a couple of dear departed darlings – Hedley Beatty and Byron Moore. Muriel Beatty proudly returned to Lorne for the big day, and Byron's daughter Di and his grandson Ryder were guests of honour on Remembrance Day – also Byron's Birthday!

May we suggest that those who can only be in Lorne for holidays or the odd weekend pluck up some courage and mingle with their neighbours who are most probably retired and retiring, yet well worth getting to know. The mutual benefits are fairly obvious and lives enriched by more than the usual nod or wave!

Watch out for scams appearing on your computer via group emails purporting to be from a well known person in Lorne – covering her entire contact list! Two such emails have come from one Lorne lady who is totally bewildered as to how this could have happened. If (like Lil) you are suckered into the scam contact your Bank and cancel the credit card number you have given out. New cards arrive very promptly - no worries.

Max and Monica, Managers at the Coachman Inn on the Deans Marsh roundabout have certainly created a tropical entrance with a Bali style hut and statues – creating the ambience for a very 'happy hour'!

New businesses are shooting up! Lorne Central on the Cumberland roundabout is up and running under the amazing management of Bryce – doing his own very good thing! This leaves the Grand Pacific in the capable hands of GM Shaun Funston; Emily John is doing efficient weddings as usual, and Chef Mo has a new summer dinner menu and is still producing popular Devonshire Teas and lunches from 11-3 daily. The Kosta twins (Alex & Dominic) have taken over Mum and Dad's old cafe (under Mum Pam's expert eye). Rebranded as "Ipsos" which is the Greek word for 'height'.

No-one will be surprised to hear that Tim Carter recently won a Great Customer Service Award with Virgin! He's based in Adelaide and loving his new life in the skies.

Punters at a November conference in Lorne absolutely loved their time here – except for the flies. "Not too bad yet" methinks! But on observing the three plastic bottle type fly traps (\$13.25 each at our Hardware) on a deck in N.Lorne absolutely seething with thousands of the little devils one realizes that maybe there is a problem. Pondering Mao's Four Pests Campaign in the late 1950's when Chinese families were

urged to kill rats, flies, mozzies and – wait for it – sparrows (an absolute disaster later replaced by the need to eliminate cockroaches) more of us should hang out these traps – and then dig a hole to bury the swarm of wriggling yukky victims.

Bit of a shock to discover a swollen tick on the border collie recently! Lucky find though! Google reveals that like cane toads, ticks are "moving south and have now travelled as far as Orbst"! Late breaking news – they are in Lorne! No more random pats for Fido – caress and massage, feeling for lumpy ticks dug head first into the skin! Grab the Vaseline and smother the entire area, and the tick is supposed to unhook its barbs and reverse out rather than suffocate. Pop it in a jar with a lid! To die! And get very busy with the hand washing! If you need a vet, last month's Independent had a list of localish vets – Aireys Inlet being the closest – Liz on 52 896226.

Well done to the hard working road builders who have been part of our lives since September and now the 3 km road into Lorne is a tribute to their expertise and long hours. One 'traffic controller' was particularly impressive, stepping in front of a d-head loudly revving his motorbike. Presenting his little STOP sign on a stick, all but wagging a finger at him, gave him a huge dressing down – including taking his number! Previously he'd been seen doing burnouts in the streets and the boss sent the message down the two-way and he's pinged! Hope it wasn't your daughter on the pillion seat!

Oh dear, someone at the Op Shop Christmas breakup lunch spilled a drink on the December and January roster lists! 55 Volunteers manning two shifts each with hopefully 3 vollies seven days a week was suddenly in chaos until John Bliss was summoned to reprint and deliver replacements. Phew!

Fingers crossed for a safe summer for all and hopefully no fires! A couple of reminders should be considered by those in residence in Lorne over the summer:

RIGHT NOW – tidy surrounding areas, keep grass cut short, clear gutters, put a wool or fire blanket in the car, prepare an evacuation box and have it near the exit door. Maybe a rectangular box with a lid or similar containing such things as a towel, change of warm clothes, undies, another blanket to cover head if in the sea, bottles of water, muesli bars and dry bikkies, battery radio, torch, smoke masks, T. roll, soap, travel type toothbrushes, and pet food, bowls, leads etc.

WRITE A LAST MINUTE GRAB LIST and attach it to the box – wallet, handbag, medication, phones, laptop and hard drive or backup, chargers, some food, hats, sunglasses, and don't forget to add the pets names to the list. Also maybe container of photos, sunscreen, workboots or sensible shoes.

ON A CATASTROPHICALLY HOT WINDY DAY – load car with evacuation box, put door mats inside, fill wheely bins with water (dirty OK), close all doors and windows, fill laundry sink and buckets with water, put mops inside house, turn off gas as you exit, have car facing out ready to go, monitor CFA website and listen to 774, dress protectively.

It's all a form of insurance, but so many of us remember the big fires and what we wish we had done and/or packed.

Meanwhile, smile at the schoolies and hope they are gentle on our dear little village. Remember 'you never regret having a swim'. Send healing and sweet thoughts to dear bereaved Faye Peddie. And have a safe and very happy holiday season.

- Lillian

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 return to build on our great work at beautiful Stony Creek starting at

10am on Sunday, December 13

The working bee will be followed by a special Christmas barbeque near the lily pond at about 12.30pm. We will also celebrate LorneCare's 15th Birthday. LorneCarers not able to come to the working bee and our supporters are invited to join us for the barbeque.

For more information about LorneCare contact:

Alain Purnell Tel: 5289 2906

Mobile: 0417 031 905

Michael Callanan

Mobile: 0408 891 886

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Lorne Independent

An open letter to Surf Coast Shire CEO Keith Baillie, the Mayor, Rose Hodge and Councillors

Dear Mr Baillie, Ms Hodge and Councillors,

Every Sunday afternoon and evening and early morning on Monday, the streets of Lorne are strewn with rubbish our protected sulphur crested cockies have extracted from refuse bins, usually just before the contractors arrived to empty them.

Over weekends, cockies are also busy rubbishing variously around Lorne with raids on the public bins on Mountjoy Parade, those situated on the foreshore and at other locations around the town.

The overall feeling in Lorne is: Enough is enough! Something has to be done about our cockie problem. And soon!

(Please see our latest letter to the editor on page 28).

The Lorne Independent has, over the years, gathered a large selection of photos of cockie damage; we've also some great shots of overseas visitors feeding them right under signs advising them not to.

We all know that cockies should not be fed, and that securing rubbish bins with lids that cannot be opened is one way to relieve the weekly unsightly, and potentially health-risk, problem.

Putting a piece of wood or a branch, even a brick across the bin top does not really work.

Ratepayers are offered bins by the Surf Coast Shire fitted with 'gravity locks' at \$41 each, but in truth many ratepayers can't be bothered to apply, baulk at the cost or simply don't give a stuff.

To relieve this irritating and vexing problem, the \$41 is perhaps a charge that should be absorbed by the council.

After all, you do have a duty of care to Lorne ratepayers and the town itself, and to make our rubbish bins cockie-proof is perhaps a better way to spend money than 'testing the water' for that ludicrous Torquay pool project.

And, you should also financially lash out on big, eye-catching signs in various Asian languages for visitors to keep their hands at their side and not stretch them out to feed our cockies.

Let's not be coy about political correctness. It's our town and visitors should be informed, in crisp, precise language they can all understand, on what is acceptable behaviour and what's not!

One morning recently, we counted 12 (yes, twelve!) buses and vans, most of them with foreign markings, moving down Mountjoy Parade, loaded with potential cockie feeders.

It would be an easy project for your substantial and well-staffed public affairs department to make contact with touring operators to explain as to why they should instruct their passengers that under no circumstance must they feed the cockies.

Lorne is primarily a tourist town and the regular overflowing public rubbish bins in our streets and on the foreshore, white cockies squawking on the refuse heaps in glee, is certainly not an attractive or appealing sight.

We're proud of our town. We certainly don't want it resembling a rubbish dump. We'll say it again: Enough is enough!

Sincerely,

Jo Vondra



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Interaction with people important to fight ageing disease - neurologist

Having a healthy diet of fresh fruit and vegetables, less salt and saturated fat are important factors in the fight against dementia and Alzheimer's disease, a neurologist told the recently held Lorne Community Hospital Annual General Meeting.

Smoking is a definite no-no, and keeping blood pressure under control as well as regular exercise are other factors, Associate Professor Cassandra Szoeké told the audience.

A specialist in neurodegenerative disease and the ageing process, Professor Szoeké also stressed the importance of exercise and especially keeping the mind active by interaction with other people.

Doing the crossword daily, she said, "you're only doing the crossword, but by talking and interaction with people you're really working on cognitive functions."

She said that in a community like Lorne, it's easy to be active by walking, thereby getting the recommended exercise, but it is also important to interact with people.

Volunteering plays a very big part in social engagement and personal interaction.

With people living longer, dementia and Alzheimer's will become an increasingly bigger problem – by the year 2050, it is estimated that there will be 131.5 million people suffering from dementia world-wide.

Dr Damien Smith, chair of the LCH Board said that financially, the Hospital had achieved an accounting surplus for the third year in a row.

"However, there are still many projects ongoing to improve infrastructure," he said.

He said that the Hospital Board would aim for future gender equality in its member numbers. - **JV**

LCH Employee Brock Shiels nominated for LASA Victoria Awards for Excellence

Each year LASA

Victoria (Leading Age Services Australia) host a special evening of Awards for Excellence, celebrating the remarkable achievements of Victoria's aged care professionals. The awards highlight unique individuals, who excel in the aged care industry. It also recognises the significant contributions they make to the quality of life for older people.

The judging panel reviews thousands of applications across Victoria in search of the Industry's best. They then have the enormous task of qualifying just four finalists for the award.

Our very own Brock Shiels, Nurse Unit Manager Aged Care at the Lorne Community Hospital has qualified for this year's event. Brock has been a staff member at the Hospital for over 15 years and is well known for his quiet nature and great sense of humour.

Families are constantly commenting on how 'settled' their mothers and fathers are at the LCH nursing home. This is no coincidence; Brock works hard to provide a home away from home for residents allowing them independence and security combined with a high standard of nursing care.

LCH Clinical Services Manager, Ms Andrea Russell said, "We are so very proud of you Brock and the work you do in providing exceptional care and support to the residents. We're the lucky ones to have Brock as part of our LCH team."

- **Emily Lens**



The Op-Shop says thank you to the Lorne Community

As the busy Christmas and summer holiday season is rapidly approaching, the Executive Committee of the Lorne Op Shop would like to take this opportunity to thank the Lorne Community for its support during the year.

First, a big thank you to our wonderful band of volunteers who have worked so hard all year to make the Lorne Op Shop such an outstanding success. The shop has been open almost every day of the year, and has generated the funding for a large number of hospital and community projects and initiatives which all help to keep our community and its visitors healthy and safe.

Second, the amazing donations from our community, both permanent and part-time, have kept rolling in. We have received a wonderful range of garments, accessories, manchester, toys, home wares, books, artworks and collectibles which we have been able to sell to our customers, many of whom are loyal locals and many who are from Geelong, Melbourne, interstate and overseas. Without these fabulous donations, we wouldn't have an Op Shop at all.

We hope that the donations of goods to the Op Shop will continue during our very busy time in January. We ask that all donations be of saleable quality and condition, so that we are not forced to use precious funds to dispose of them as rubbish.

We wish all our volunteers, donors and customers a very happy and safe Christmas and summer holiday season.

**Mandy Calder
President, Lorne Op Shop**



News from our Councillor for the Lorne Ward

Aquatic Centre Update

The Shire received over 1200 electronic submissions (emails & online forms) complementing the telephone survey of 600 ratepayers and community forums attended by over 360 people. Four petitions relating to the topic have been received, approximately 1,170 people have signed these petitions.

The Aquatic & Health Centre report is currently being prepared by Shire officers and will be tabled at the December Council meeting on the 8th December 2015 for consideration.

AGM's

The past few weeks have been very busy for many of our community clubs & associations holding their Annual General Meetings. I attended the Football & Netball Club, Lorne Country Club, Lorne Community Hospital, Historical Society, Stribling Reserve Committee and will attend the Aquatic & Angling Club's AGM on Saturday 5th December. Our Clubs and associations are an integral part of our Community fabric and I would like to acknowledge the fantastic work and commitment of all the volunteers in our Communities.

Lorne Football & Netball Club

2015 has been a year of rebuilding and positioning the Club for its long term sustainability. As our President Ken Hosking said "....there has been many twists & turns for the Club and I believe we came through it with a renewed sense of purpose and a plan for the Club to move forward..."

2016 will be even more exciting. Sam Stavanuiter has been appointed as the Senior Playing Coach with rumours that a well regarded former Lorne player will take on the position of bench coach. Coaching positions for the Reserves, Under 17's & Under 14's have also been appointed. The Netball section is currently recruiting for Coaches. The Club is also actively seeking qualified trainers and medical staff to support the Club in 2016.

After the successful 2015 Easter blockbuster game, the Club has been successful in securing three "Blockbuster" games for 2016, to be played at Stribling Reserve.

Easter Saturday 27th March,
ANZAC long weekend 23rd April
Queens Birthday weekend 11th June

Are you Fire Ready ?

It's time to review your bushfire plan. The CFA have a comprehensive guide on how to prepare your bushfire plan via the following link : www.cfa.vic.gov.au/plan-prepare/

Season Greetings

As 2015 draws to a close I would like to wish everyone a safe & joyous festive season and look forward to an exciting and rewarding 2016.

Are you on my circulation list?

Cr Clive Goldsworthy,
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More than \$5.5 million needed for Pt Grey development

A plan to develop Lorne's Point Grey Precinct has now been released but it will take more than \$5.5 million to bring the area to its full potential.

The area is considered to be one of Lorne's last great real estate assets and is home to the former fisheries co-operative and retail outlet, the Pier Restaurant, the Lorne Angling and Aquatic Club, the Pier itself, as well as boat ramps and boat launching facilities.

The previous redevelopment plan released by GORCC was totally rejected by all parties concerned.

In releasing the new plan, the Great Ocean Road Coast Committee (GORCC) said it will now move into the business case development phase.

GORCC CEO Richard Davies said the final plan recently received Coastal Management Act consent.

"We are pleased to announce this significant step in the process, and are now finalising funding for the preparation of a business case for the project.

"GORCC has committed \$45,000 towards this next stage, and is seeking additional support from Regional Development Victoria.

"Once funding has been confirmed, a project scope will be finalised and a selective tender process will be conducted to engage expert business consultants who will develop the business case on GORCC's behalf," he said.

Finalisation of a business case is one step in the overall process, with the development of detailed designs required before implementation.

"The future detailed design phase will include a broad community consultation process as well as targeted discussions with the Point Grey Community Reference Group (CRG) and other site stakeholders," he said.

The business case will be used to seek funding for future implementation of the plan.

"GORCC has committed up to \$1.5million to future implementation of the project

"While the planning process has aimed to minimise the total cost of the redevelopment, the cost of implementation is currently estimated to cost up to \$5.8 million, and GORCC is continuing to explore and progress potential funding sources.

"Given the significance of this precinct to both Lorne and the wider Victorian community, ensuring that this plan is deliverable is of the utmost importance to GORCC," said Mr. Davies. - **GORCC media release**



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Sportsbriefs with John Ford

Lorne Country Club – 30 Year Awards

Lorne Country Club paid tribute to its long-serving members with a presentation dinner on Saturday 14th November. Current members who have achieved thirty years of continuous membership were honoured, and thanked for their contribution to the Club. President Clive Goldsworthy and Secretary Greg Mathews presented this new award to about thirty members during the dinner. Recipients in their short speeches spoke of joining when the golf course was at Allenvale and the tennis courts were still on the Lorne foreshore. Some had joined as teenagers, some as young tennis players and others who still play both golf and tennis. There were some great stories and a few 'tall tales' of achievements and sporting fun. The large group of recipients included many players and characters well known in various parts of our community.

While acknowledging these members, the Country Club values all its members and the huge inputs that they make to the club. New golf and tennis members are always welcome and are important if the Club is to continue to thrive. Membership enquiries should be directed to the Lorne Country Club on 5289 1267.

Ladies golf

The end of the year is fast approaching and the Tuesday ladies golf morning also finishes on the 1st of December. Our new syllabus for 2016 will commence on Tuesday 2nd of February.

In 2016 the ladies golf will continue going from strength to strength. We encourage you to join the ladies on a Tuesday morning to play either 9 or 18 holes of golf. If you are new to Lorne or a Lorne local with golf clubs crying out to be used, join our friendly group on Tuesdays, with play commencing at 9.00 am.

Golf lessons with Vicki Thomas from Colac Golf Club will be running for 4 weeks commencing on Monday 8 February, 2016 at 1.00pm, \$20 per class. Vicki is a terrific coach and if you feel a little rusty holding those clubs, the lessons will be a great way of getting back into the rhythm. Contact Lesley Goldsworthy 0437 028 169 for further information. Vicki is also available for private lessons.

The past month has been very busy for the ladies golf. A group went down to Apollo Bay to join their Monday afternoon game which started with an in house Pilates stretch warm up.

Lorne was well represented in the club's recent Open Week. The results for Friday 8 November are as follows:

Scratch 0-20 Gross winner was Dee Stewart from Anglesea.

Runner up was Margot Parton from Anglesea.

Minor 21-45 Gross winner was Rose Wyles from Lorne.

Runner up was Carol Tutungi from Lorne.

Nett winner was Judy Mathers from East Geelong.

Runner up was Caz Bartholomew from Lorne.

The shield winning team was Lorne and the playing members were

Carol Tutungi, Rose Wyles and Caz Bartholomew

9 holes out winner – Carol Tutungi from Lorne.

9 holes in winner – Rose Wyles from Lorne.

Well done to all the ladies playing. We appreciate the support you give to Lorne Country Club.

Congratulations to Carol Tutungi our club champion and winner of the snowy bar for 2016.

Later in November, Paula Hayden organised for Caz Bartholomew, Jenni Miller and Lesley Goldsworthy and herself to play in a charity match at RACV Torquay. Women for Africa in Africa, works with women and children of Kibera, Africa's largest slum, by providing education and resources to enable them to live a life of dignity, happiness and hope for the future.

Our regular Tuesday morning group had a fun day last week playing at the RACV Torquay golf course and took advantage of their golf, cart and lunch special.



I would like to take this opportunity to wish you all a very happy Christmas and New Year. I also look forward to welcoming new ladies in 2016.

Lesley Goldsworthy

Lady President

0437028169

Tennis News

Social Tennis will continue to take place through the summer period on Wednesday afternoons from 4.00 pm and on Saturday mornings from 10.00 am. These times may vary should the weather be extremely hot. Visitors are welcome at \$10 per session, or courts may be hired by the public at other times.

Lorne Country Club's junior tennis team is playing really good tennis and a continuation of this form will very likely see them play in the finals in March. There is a break in the season during January, with matches resuming in February. Adult Club members are inspired by their success and are talking about the possibility of having a senior team next season.

Lorne Country Club will be holding its annual Australia Day Tournament during the long weekend in January. The Club also hopes to hold a Free Tennis Day - a Tennis Victoria Event - during January. Details of these days are still being finalized and will be advertised around town and through this column in the next edition of Sportsbriefs.

Lorne FNC - President's AGM Report

It is with great pleasure that I submit this President's report as I believe that as a committee and a Club we have been able to achieve a very positive outcome for the year.

2015 had many twists and turns for the new committee it was a steep learning curve but I believe we came through it with a renewed sense of purpose and plan for the Club to move forward.

When we took office in October last year we had a Football non playing coach and one or two players in our senior team so from there it was a great team effort to finish the season with three of our football teams making the finals and a full contingent of players and coaches putting in a great effort during the season.

As has been mentioned a number of times this year is one step in our efforts to put the Club on a successful and sustainable path into the future.

New Initiatives

Some new initiatives have been undertaken this year and some areas still need further development.

1. Blockbusters, after the success of the Easter Saturday game we have applied for 2 more, the Anzac weekend (a one off) and the Queen's Birthday being a permanent fixture so as to encapsulate the influx of visitors into Lorne on these occasions.

2. Expanding the Club merchandise offering so as to give the Club a unified look and feel.

3. Overhauling the financial recording and reporting procedures.

4. Sharing the load. There are a number of positions on game day which are being left to a few and it would great if members could give a few hours a couple of times a year to alleviate this situation. Some of these are Time keeping, especially the Senior Football, Persons to line the ground for Home games, help with BBQ and the Netball could use some help on game day too. This will be followed up with membership applications.

5. Thursday Night Meal and Fellowship. This proved very successful this year and further development of this concept will be pursued next year.

Review into the Club

Prior to the end of the season we had a review into all aspects of the operations of the Club. Interviews were conducted with the players group, coaches and football and netball departments. This has given the committee an overview as to which areas need further action to be taken to bring them up to a standard we are all happy with. Areas to be looked at in the near future are medical and trainer's facilities and personal.

On Field 2015

It has been a tough year emotionally for the players, coaches coaching staff, trainers, committee and supporters with the untimely death of Aaron Mahoney from the Otway Districts on the field. I believe the players and the Club as a whole with the unbelievable intervention of Aaron's family have been able to move on and a strong and lasting bond has developed between the two Clubs.

The season ended on a high with three teams, U14s, U17s, and Reserves making the finals with the U 14s taking out the Grand Final, congratulations to all concerned. The Seniors



Football and all the Netball teams who weren't far off the mark and we look forward to building on this next year.

Thank You

To all the volunteers who gave of their time willingly so we could put teams on the field. The umpires, goal umpires, timekeepers and ground marking, the people running the canteen, the bars, the BBQ, manning the gates, washing the jumpers and any other positions I have missed, thank you all. This is the area which needs more support and will be promoted and encouraged further next year. The Club would not exist without your support.

To our Sponsors old and new, without your support it would be very difficult for us to exist and be able to offer a focus for our community.

A big thank you to Stribling Reserve Committee especially Peter Spring for his diligence in pursuing the Surf Coast Shire over the condition of the oval and other improvements around the ground. I know V/Pres Ian has, along with Treasurer Clive, been supporting Peter in this process.

To the Football and Netball departments for their input during the week and on game day.

To the Committee members who have been stellar in their support for the Club.

To the Executive, Maxine, Ian and Clive thank you for your unwavering support and council during the year.

Vale

Sadly we farewelled a past player, coach, committeeman and great all-round supporter of the Club and the Lorne Community in Mark Trickey (Trick). He will be missed by all associated with the Lorne Football and Netball Club.

The Future

We believe we are taking the next step in progressing the Club with the appointment of Sam Stavanuiter as Senior playing coach, Matt Trethowan as Reserves coach, the U17s is Paul Leonard and U14s Noel Giles for 2016. The Netballers will also be up and about with numbers and a full line up of coaches.

In observing the committee, coaches, Football and Netball this year what is apparent is there is an underlying work ethic of: "Not what the Club can do for me but what can I do for the Club"

In closing I believe the catch cry "GO DOLPHINS" will be heard loud and clear in 2016.

Ken Hosking

President

Election of Office Bearers and Committee for 2016:
President, Ken Hosking; Vice President, Ian Stewart;
Treasurer, Clive Goldsworthy; Secretary, Maxine Spizzica;
Netball Administrator, Carly Enticott; Football Coordinator, Miah Atwell; Committee, Ross Umbers, Peter Wheal, Carolyn Griffiths.

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Wishing all readers a very Merry Christmas and a safe holiday period. Remember how good YOU could look in Sportsbriefs!!

Send articles to byswerdi2@bigpond.com

Heart felt condolence

On behalf of the Lorne community,
we would like to express our shock and
sadness at the sudden death in the

United States of
Monique Denahy,
Faye Peddie's daughter.

Our hearts go out to
Faye and husband Tony,
and their family and friends
affected by this terrible tragedy.

- Lorne Independent

Bendigo Community Bank expanding its Lorne operation

Corangamite Financial Services Ltd, the locally owned public company that operates the Anglesea and Winchelsea Community Bank branches and the Bendigo Bank Lorne Agency is increasing its Lorne operation.

In addition to the current Bendigo Bank Lorne agency located at Beachhouse Gifts, we are establishing an office within the current Bendigo Bank ATM site at 32 Mountjoy Parade.

The Bendigo Community Bank Lorne Office will have Bendigo Bank staff onsite Monday through to Friday who will be able to assist with a wide array of services including personal and business accounts, investments, and personal and business loans.

There will also be access to other Bendigo Bank specialists by appointment in one of our private interview offices, such as a Financial Planner and Business Banker.

'This is an extension of our current service provided by the Bendigo Bank Lorne agency and offers the Lorne Community greater access to financial services and advice, to help them achieve their financial goals,' said Jeremy Morris, Senior Manager of the local Community Bank company.

'We have already reinvested a substantial amount of money back into Lorne community groups and organisations which is a result of people banking with us. As our business grows, this allows us to continue to support the Lorne community.

The Lorne Office has a large meeting room which will be available for Community Groups to use outside of the Community Banks requirements, along with a further two offices that are available for sublet to a business or professional services that will be complimentary to the Community Bank.

Onsite construction will commence soon with an aim to open the Lorne Office early in the New Year.

For any banking or office space enquiries, please contact Jeremy Morris on 0428 392421 or jeremy.morris@bendigoadelaide.com.au

News from the Lorne Medical Practice



What is antibiotic resistance and how can we prevent it?

For nearly a century, bacteria-fighting drugs known as antibiotics have helped to control and destroy many harmful bacteria that can make us unwell. They have made a major contribution to human health. But in recent decades, antibiotics have been losing their punch against some types of bacteria – helping to create a new drug-resistant bacteria often referred to as the 'superbug'.

Antibiotic resistant bacteria are bacteria that are not controlled or killed by antibiotics. Antibiotic resistance can cause serious disease and is an important public health problem.

What can we do to prevent antibiotic resistance at the Lorne Medical Centre?

Patients can:

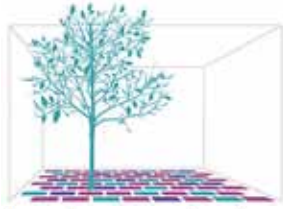
- Ask if tests will be done to make sure the right antibiotic is prescribed.
- Take antibiotics exactly as the doctor prescribes. Do not skip doses. Complete the prescribed course of treatment, even when you start feeling better.
- Only take antibiotics prescribed for you; do not share or use leftover antibiotics. Antibiotics treat specific types of infections. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.
- Do not save antibiotics for the next illness. Discard any leftover medication once the prescribed course of treatment is completed.
- Do not ask for antibiotics when your doctor thinks you do not need them. Remember antibiotics have side effects.
- Prevent infections by practising good hand hygiene and getting recommended vaccines.

Healthcare providers can:

- Prescribe antibiotics correctly – get cultures, start the right drug promptly at the right dose for the right duration. Reassess the prescription within 48 hours based on tests and patient exam.
- Document the dose, duration and indication for every antibiotic prescription.
- Stay aware of antibiotic resistance patterns in your facility.
- Participate in and lead efforts within your hospital to improve prescribing practices.
- Follow hand hygiene and other infection control measures with every patient.

The Lorne Medical Centre, patients, and policy makers must work together to employ effective strategies for improving antibiotic use—ultimately improving medical care and saving lives.

- Dr David Mullen



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TUESDAY NIGHT BOTTOM BAR ONLY

The beauty of your own herb garden



An enquiry from a reader was concerned with growing herbs on the sundeck. "Does my deck get enough sun?" he asks. What sort of container should I use?" Of course without a personal consultation it is not possible to comment on how sunny his deck is but in general terms it goes like this.... actually no, let's start from the beginning.

First, any container may be suitable as long as it has sufficient drainage. If you want to use an old saucepan there's no reason not to, but you must drill holes in the base to ensure water gets away. If this is not done you are likely to drown whatever plant is growing in there. Plants need oxygen around their roots but obviously not too much or else they wouldn't have adapted to growing in soil. Even with hydroponics plants need an oxygen supply.

Having chosen a container, or several containers, fill with soil mix obtainable from nurseries, or from the mega-stores that are out there if you prefer. Die-hard gardeners like to support the local nursery whenever feasible. Firm the soil down and you are right to go; Robert's your mother's brother so to speak. It is a simple as that.

As far as sunlight is concerned, it largely depends on the choice of herb. Mint can grow reasonably happily without a great deal of sunshine. Parsley will too but performs best in full sunlight. For practical purposes, six to eight hours sunlight a day is optimum but if the aspect of your deck is such that you do not receive enough sun then simply tailor your plant selection to suit your microclimate.

Finally comes the choice of which herbs to grow. Do you choose rosemary because you now know it will manage to survive but not thrive under low light conditions or sage because you like to have it growing and don't get around to watering much or one of the thymes because you use it in the kitchen all the time?

As with many things in the final analysis one question leads to another and another and another. Ultimately most people simply like to have a connection with the natural world however small. With less outdoor space available in current design trends and with less leisure to exercise one's green thumb, container gardening is a satisfying way to be 'horticultural'. Oh, and don't neglect to allow for at

least some irrigation whether it be by automatic delivery or humble watering can.

And an apology! David Griffiths told me that while he enjoyed the Garlic article in the November issue very much, he wished to set me straight about the true identity of last year's winner: himself.

Sorry David, just a slip of memory!

- Doug Williams

Doug is a retired garden and landscape contractor who still makes himself available for consultations and specialised work as well as continuing to maintain his Mobile Nursery. Contact number 0418 522 011

Even notorious 'wordsmith' editor Jo is getting into the herb-planting mode - with a lot of help from his friend Sandra. A small, humble herb garden but effective.

**Barry's waiting for your call!
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This and that



In August 2009 the Lorne Book Club had the pleasure of hosting author Rosalie Ham at an evening session to discuss her novel *Summer at Mount Hope*. We also discussed in passing her first novel *The Dressmaker*. This novel has now been taken up and been made into a very successful film starring among others Kate Winslet, Judy Davis and Hugo Weaving. We are now very lucky to have, hot on the heels of the release of the film, a major new exhibition at **Barwon Park Mansion, 104 Inverleigh Road, Winchelsea** starring the stunning haute

couture costumes featured in the film made by award-winning costume designer Marion Boyce. The exhibition will run from Dec 11th – March 11th. The film will be screening in December at our local Lorne Theatre. See the film and then spend a morning or afternoon at Barwon Park Mansion admiring the costumes.

QDOS' artist of the month is Phil Doggett Williams. He is a 1978 fine arts graduate of RMIT and a founding member of the artist collective 'Argyle Studios' situated in Salmon Street Melbourne. His art works are represented at the National Gallery, Canberra, Art Bank and the Gallery of NSW. He is the founding member of the Artist Collective 'Argyle Studios' situated in Salmon Street Melbourne established in 1993. He is now local to our area having lived in Belmont since 2000. His exhibition 'Soft Romantic Landscapes of our Coastal Environment' will run at QDOS from 15th December - 2nd Jan.

On the 5th and the 6th December the Aireys Inlet annual Christmas Tree Festival will be on again at the Aireys Pub. If you want ideas on making up quirky, unique Christmas Trees to brighten up the house – drop into the Aireys pub when passing and be amazed.

If you want to get your hands dirty and learn how to acquire a green thumb may we suggest that you go to the Community house on a Tuesday at 11am and partake in the garden group. Watch how the amazing worm farm is growing and as unbelievable as it sounds these worms are fed on coffee grounds from the Lorne coffee bars. They must be the most hyped-up worms under the earth - no wonder they produce rich worm casts at a prodigious rate. They probably never sleep! And as a final thought: has anyone noticed the large proliferation of crows and ravens to the detriment of our kookaburras lately? I wonder why?

- A. E.

Christmas Week at Lorne Anglican-Uniting Church

Sunday 20 December

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

Thursday 24 December

5.30pm Children's Service (All Saints')

7.00pm Carols singing (St.Cuthbert's)

11.00pm Midnight Service (All Saints')

Friday 25 December

9.00am Christmas Service, with Communion (St.Cuthbert's)

Sunday 27 December

10.00am Prayer and Praise Service (St.Cuthbert's)

January Services (10.00am Sundays) at All Saints'

Lorne Country Club

The Club is commencing for the first time a singles knockout competition to be held between Monday 4th Jan 2016 and Friday 22nd January 2016. The competition is open to all Lorne Country Club golf members with a registered GA handicap. This is the first time the Club has ever run an event like this over the summer holiday period, and the objective of the competition is twofold:

1. By keeping some sort of club competition alive over the holiday period, which traditionally has not happened because most of the locals are too busy, and
2. Presenting another opportunity for all local and non local golf members to mix in and socialise together.

Please contact the Club for further details:

Clive Goldsworthy

President

0400 756 854



Volunteer Positions Vacant

Lorne SES Unit is currently recruiting for six new members to assist in keeping your community safe.

As well as emergency response, VICSES volunteers engage with the community to help them prepare for disasters.

Can you commit to two volunteer hours per week?

Can you see **yourself** in orange?

For more information phone Adrian on 0419 114 003

or email lorne@ses.vic.gov.au

From page 1 Death by Stealth

However, Stephen Bayley said that in his experience, koalas eat anything if hungry – even pine trees.

The Department said that the koalas are being released away from private land, areas to undergo planned burns in the next five years, and the Painkalac Reference Area in the National Park.

In addition to their propensity to move rapidly away and to another location, they can and have caused major traffic problems, especially on the Great Ocean Road.

There is anecdotal evidence of cars, especially those driven by overseas tourists, stopping suddenly and people piling out to views the animals and take photos.

A media release from DELWP said that as the site in the Lorne environs is in close proximity to Cape Otway, the climatic conditions are similar, and travel time between locations is short.

“These factors will reduce stress on the translocated koalas. The area is also large enough to accommodate the numbers that are proposed for translocation from Cape Otway.

“To avoid a potential future over-abundance issue at the translocation site, only healthy female koalas weighing at least 1kg and that have been fertility controlled, are being translocated; along with healthy male koalas” the official Victorian Government media release said. - **JV**



The photo top shows badly denuded trees near Kennett River on the Great Ocean Road. Cars often stop suddenly and people spill out to take photos, creating a dangerous traffic situation.

There is already a significant koala population in Lorne. Interestingly, koalas were never an indigenous food supply - they taste terrible and the fur falls to bits after a few months. Old illustrations show indigenous people only wearing possum skins.

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Remembrance Day 2015

Lorne fell silent for a minute on November 11 at 11am as the town observed the day that marked the end of World War 1.

Some cars even stopped in Mountjoy Parade.

More than 200 people attended the short service at the cenotaph and children from Lorne's P-12 and a group from the Victorian College for the Deaf also participated.

Various community organisations, as well as members of the public laid wreaths.



Top, respectful faces in the crowd. Above, President of the Lorne RSL Sub-branch, Craig Hunt reads out a short message which was translated into sign-language for the benefit of the group from the Victorian College for the Deaf. Below, Councillor Clive Goldsworthy laid a wreath on behalf of the Surf Coast Shire.



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VICTORIA POLICE

Lock or lose it Don't be a victim

It probably comes as no surprise that theft of motor vehicle is on the rise within the Surf Coast. With recent crime spates in Torquay and Anglesea it was only a matter of time before Lorne hit the radar of both opportunistic and professional car thieves. These two types of car thieves have one thing in common - they can steal your car in less than a minute. The opportunist car thief is a person who may see your pride and joy as a means of transport or joy ride while committing other crimes. The professional car thief is motivated by greed and is well organised and versed in stealing vehicles to order with the intention of changing the cars identity and reselling for profit.

Car thieves love their victims to make it as easy as possible to steal their vehicle. A more recent trend is to break into the victim's house locate and steal spare keys and simply drive vehicles from locked garages. Many coastal residents are still leaving vehicles unlocked and some even go to the extent of leaving keys in the ignition. A change in mindset is required to reverse current trends and prevent would be thieves.

Tips to help prevent theft of motor vehicle:

- Lock your car day and night
- Never leave keys in the ignition
- Remove garage remotes from your car
- Lock your car when paying for fuel
- Do not hide spare keys in the car
- Do not leave valuables in the vehicle

If your car is stolen

- Report it to police immediately
- Give police the registration number, make model and colour of the car
- Notify police of the location and time of the theft
- Notify your insurance company immediately

In response to the increase of theft of motor vehicle, Victoria Police in partnership with the RACV, have launched the "Lock or Lose Don't Be A

Victim" campaign and I ask that we all do our bit to promote awareness of the current trend and take a few basic precautions to ensure that you don't become the next victim.

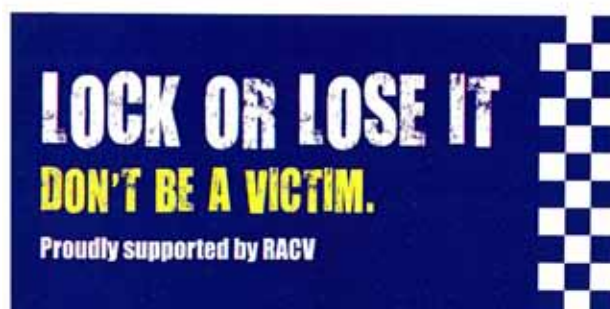
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David COOPER

Sergeant 29316

Station Commander

Lorne Police Station



VICTORIA POLICE

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Lynton Wade's reflection

Turning 50 was a bit of a milestone so I thought I should take up jogging to recover some of the fitness I'd enjoyed in my 20's.

I could make the time to do it and we lived in Norwood on the edge of Adelaide's CBD. Leafy streets and wide pavements. I could visualize it working well. And I could enter the street discretely if I went out our back gate and began my run by coming down the 50 metre driveway on the side of the church property. It wouldn't look so obvious that the Vicar was going for a run as it would if I'd appeared out of our front door. Such was my self-consciousness.

So I set out, and fairly quickly realized that there could be pain involved. I tried subduing my thoughts about where I was and where I was going (and how long it was going to take to get there). I'd heard about the loneliness of the long distant runner and realized that I would experience that.

I recalled a billboard on the Tullamarine Freeway that I'd driven under more than once. It was advertising a bank or something but consisted of a Steve Monaghan quote: "There's a beginning then a middle then a new beginning ..."

I took courage from these words of wisdom but realized that, when I would be approaching the middle bit, there would be a point of no return when it would be longer to turn around and come home than continuing on. I toyed with the idea of turning around before I'd gone too far.

I re-tried subduing my thoughts and 'zoning out' but I was too preoccupied with making this a success. I was going to get fit. This would become second nature to me.

I had just about come to terms with the challenge of it all as I reached the end of the drive and realized that I hadn't decided whether to run our 3km block clockwise or anti-clockwise. Turn right at the end of the drive for clockwise. Turn left for anti-clockwise. I turned left.

I did complete the block that day, although there was some walking involved. And I didn't jog again in Adelaide. I wasn't made for jogging. I joined an Indoor Cricket team and loved it. Even got invited to play Masters Indoor Cricket.

Some people are made for jogging. Some for walking. Bike riding. Touch football. Golf. The thing is to find what your fitness skill will be and don't get talked in to what someone else does and loves. It mightn't be for you!

But I do think it's important to try things. Don't decide beforehand that it won't work for you. People do that with the Bible ("don't like it. No, I've never read it") and they do it with Church ... and with God.

G.K. Chesterton said 'The Christian ideal has not been tried and found wanting. It has been found difficult; and left untried.'

- Lynton

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Christmas Lament

**Xmas – again
Thoughts of you return in waves
Some kind of modern day Persian Army
Penetrating deep into my Thermopylae Pass
Hell bent on total destruction.**

**Xmas – again!
A time of love & peace
Yet no one speaks of anxiety
Malice & expectation & hunger,
Emptiness and unfulfilled desire.**

**The goatrack to Apollo Bay
Is no longer safe before midnight
Unless you're doing forty clicks
With the GT Kid riding shotgun.**

**Some Wiz placed a boomgate
Entrance to the harbour,
Hostage to dancing sand & shadows
After midnight.**

**As for 'Kafka'
He's moved in with that bitch Sciatica
Turning lover into Masochista
Lost above Grey River bare & exposed
By a bitter full moon demanding.**

**The green water tank made of cement
Spills secrets of tears
And memories of you
Unaware they left a long time ago.**

Xmas – again! I no longer think of you!

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News from the Lorne Angling and Aquatic Club

Commodore's notes

All members registered on our database should by now have received the Annual Report and membership invoices. Subs are due and payable by the 5th Dec. Membership Cards are available for collection from the club or can be mailed out if requested.

It is hoped that in 2016, the majority of annual report communication will be done electronically which is the reason that we request all members UPDATE their EMAIL addresses as soon as possible.

Committee Notes

- Your committee has agreed to trial a take away coffee vendor operating from the verandah of the club from 7.00am until noon starting on the 17th Dec until Feb.. The club receives 50c per coffee dispensed. Please encourage your family and friends to support this initiative.
- Stronger Communities Program – Member for Corangamite ,Sarah Henderson has signed off on our application for funding to refurbish our BBQ area including new access gate and improving our public address speaker system. We expect funding to be allocated from the Department of Infrastructure and Regional Development early in 2016.
- Committee nominations have now closed for 2016. All completed application forms are on display on the notice board.
- New outdoor tables and internal stools are to be sourced before the upcoming festive season. An I Pod has been purchased to supply background music as well.
- A Club working bee is scheduled for Sunday 29th November – 8.30 onwards. If you have an hour to spare it would be appreciated.
- To foster better communication with our members' guests and visitors, we are hoping to trial an iPad instead of the guest sign in book.

Fishing Competitions – The results of 2015 Fishing Competitions will be announced after the AGM on Saturday 5th Dec.

Major Competition No 1 for 2016 will be held on Sunday 24th January – Australia Day long weekend

Pt Grey Redevelopment.

The Final Point Grey Plans by GORCC have been released. Your committee is trying to ensure that all systems are in place for a smooth transition into the next phase of negotiations which will include – obtaining Surf Coast

Shire support; fund raising options and representation on the GORCC design/development sub-committee which will be a 'whole of precinct' approach to ensure uniformity across the entire site.

Graeme Norton,
Commodore

Coming Events – Annual General Meeting – Saturday 5th December – 5.30pm sharp

Presentation of Fishing Awards; Architects Presentation

Please note : The bar will be closed until official business/presentations are complete.

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Letters

Cat stalking wildlife

I've been observing a breeding pair of plovers feeding and nesting near our work yard. They are quite tame and were a pleasure to have living nearby.

They have vanished and been replaced with a Russian Blue Cat.

I am disappointed, the pet gone feral has most likely killed some native birds of Lorne.

What can I do?

Indeed, what can we do? This killing is going on right now in your yard, to all your favorite birds. Fairy wrens, parrots, honeyeaters, kookaburras and the like. The possums, geckos and blue tongue lizards are all so under attack.

How could anyone unleash a deadly weapon on the environment and live with themselves? Is this legal? I respect the right for people to own a pet cat.

Now if their cat stays in the house at all times and isn't slaughtering Lorne's wildlife, I think a cat could be a great companion. What can we do? If you own a cat please don't ever let it out of the house.

If you know the owner of a roaming cat, talk to them about their responsibilities as a cat owner and express the fact that you are disappointed that it has been killing native wildlife on or around your property.

Responsible cat ownership? This means cats must remain indoors.

Steve Bayley

Lorne



Every Sunday night and especially early on Monday morning before the rubbish collection, cockies descend on Lorne for the 'big feed'. Just placing a piece of wood across the bin lid doesn't stop them - you need something heavier or a secure lid lock. Photo: M. Mackenzie

Lorne's got big cockie problems!

We have a problem. We need to do something about it. Sulphur Crested Cockatoos are destroying houses, ripping and shredding soft timbers; cladding, decking and window frames causing thousands of dollars damage. Gangs of cockies are opening bins, spreading the rubbish that befouls the streets, washes into the storm water system and finally into the ocean.

We cannot wait for others to act. We need to act. Stop feeding the birds. Purchase the gravity bins from the Surf Coast Shire that cockies cannot open. Urge GORCC and the Shire to be more proactive.

Tourists love the birds, they feed them. They do not know any better. We need a publicity campaign to prevent this happening; signs, requests to tour companies to prevent clients feeding the birds, the replacement of all bins in Lorne with the cockie proof bins.

The Sulphur Crested Cockatoos are beautiful birds. Although a protected species they are a pest.

Please act to save the environment and the birds themselves. Many are being made ill by their rubbish diet.

Marilyn Mackenzie

Lorne



The generosity of the Lorne Lions Club! Left, Belinda Lance, Lions Club president, Karen Biggelaar, Principal, Tony Speed, Special Education Coordinator, and Harri Muller, Lions Club treasurer – handing over a cheque for \$3,000 for special education needs at Lorne P-12 College.

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Sense in the Sun

By the time they are 70 years old, two-thirds of Australians will be diagnosed with skin cancer. Over the next three years alone, approximately 44,000 Australians (a staggering 40 each day) will be told they have the deadliest form of skin cancer – melanoma. As summer approaches, these statistics should serve as a wake-up call to all Australians about the importance of sun protection.

The incidence of skin cancer has risen in Australia – from 1982–2007, diagnoses of melanoma increased by around 50%. From 1998–2007 GP consultations to treat non-melanoma skin cancer increased by 14%.

Non-melanoma skin cancer is the most common type of skin cancer and is more common in men, with almost double the incidence compared to women. More than 434,000 people are treated for one or more non-melanoma skin cancers in Australia each year.

Excluding non-melanoma skin cancer, melanoma is the third most common cancer in both Australian women and men, and the most common cancer in Australians aged 15–44 years. While the five-year relative survival rate for melanoma is 90% for Australian men and 94% for Australian women, unfortunately more than 2,000 people in Australia still die from skin cancer each year. Fortunately, most skin cancers can be prevented simply by ensuring good sun protection.

Skin Cancer Awareness Week in November each year reminds us that we need to protect ourselves from the sun, and not just when we go to the beach. New findings from the Cancer Council National Sun Protection Survey show that Australians are at the same risk of being sunburnt at sporting venues as they are at the beach. The research shows a clear link between sporting venues and sun damage, with 22% of Australians at sports grounds and centres getting sunburnt. Earlier this year Richie Benaud passed away, a short five months after revealing that he had been diagnosed with skin cancer. He attributed this to playing and watching cricket without a hat or sunscreen.

The well-known ‘Slip, Slop, Slap’ campaign, initiated some 35 years ago has been recognised internationally as a remarkably effective public health strategy. The campaign

has more recently been modified to ‘Slip, Slop, Slap, Seek and Slide’ (referring to seeking shade and sliding on sunglasses).

However, the ‘baby boomer’ generation and Australians born pre-World War II had little or no knowledge of this message in their teenage years when getting sunburnt was considered a rite of passage and a tan was a sign of good health.

Skin cancer (including both melanoma and non-melanoma) is the most common cancer in Australia, with melanoma the most deadly. Not to be understated, there are also other skin cancers which can be malignant and cause painful and disfiguring lesions. New therapies are now available to treat pre-cancerous solar keratosis – more commonly known as sunspots. These spots are usually small, scaly or wart-like and appear most commonly on parts of the face such as the nose the cheeks, upper lip, temples and forehead as well as the back of the hands and forearms.

It’s important to get to know your own skin and identify sun damage. A first step is to check with your doctor or pharmacist if you have doubts about any changes either in skin appearance or in the colour of moles and freckles. Useful information, advice and tools are also available at www.knowyourownskin.com.au.

Your local pharmacy is your health destination. You can get more advice on choosing the most appropriate sunscreen and how to be sunsmart this summer.

You can get more detailed information on how to be sunsmart from the Self Care Fact Card titled Sense in the Sun available from pharmacies providing the Pharmaceutical Society of Australia’s Self Care health information.

For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or go to www.psa.org.au ‘Supporting practice’ then ‘Self Care’, and then ‘Find a Self Care pharmacy’.

- John Bell



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

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

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Santa arrives in a jeep this year



to check out some trees near Louttit Bay.

The blue gums lining the shores of Lorne's Louttit Bay are some very special trees indeed. They are some of the closest to the sea in the world and can be observed growing on the beach with one leg in the ocean.

The seeds from these trees have been planted all over the world and are a huge resource in the form of fuel, tools and housing in third world countries such as South Africa.

California has some huge blue gums from Lorne which are growing so fast that they are seasonally pollarded by teams of Mexican workers in an attempt to slow their growth.

Trees in Lorne grow rapidly due to the rainforest-like microclimate that Louttit Bay and our seasonal rains support.

Everyone wants a house and a view and these can soon disappear with the trees growing so fast.

A balance between the trees and a home with a view is a beautiful thing, it encourages tree preservation while people enjoy Lorne's iconic views.

The team at Tree Watch and Lorne Tree Services have been managing Lorne's tree resources for eight years and understand what is required.

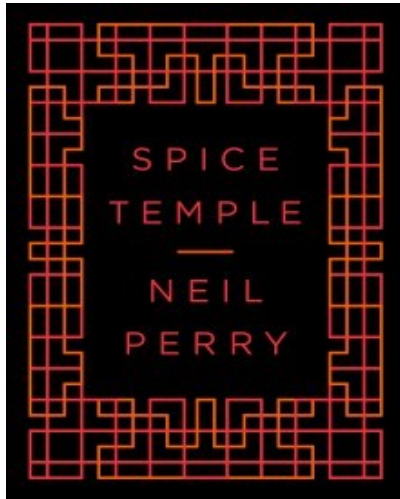
We are willing and able to help people with overgrown trees on your property.

Stephen Bayley is contactable on 0419102925 or via email steve@treewatch.com.au

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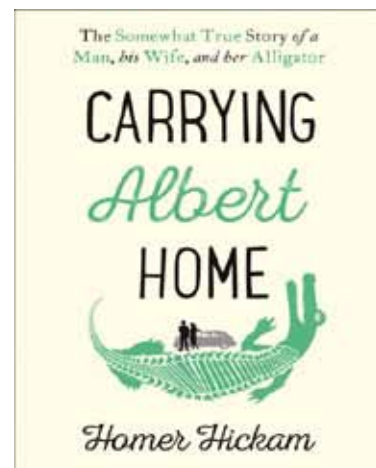
Neil's knowledge and love of Chinese cuisine is celebrated in his stable of Spice Temple restaurants, which showcase regional Chinese food in a dark, intimate atmosphere where the spotlight is literally on the food.

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